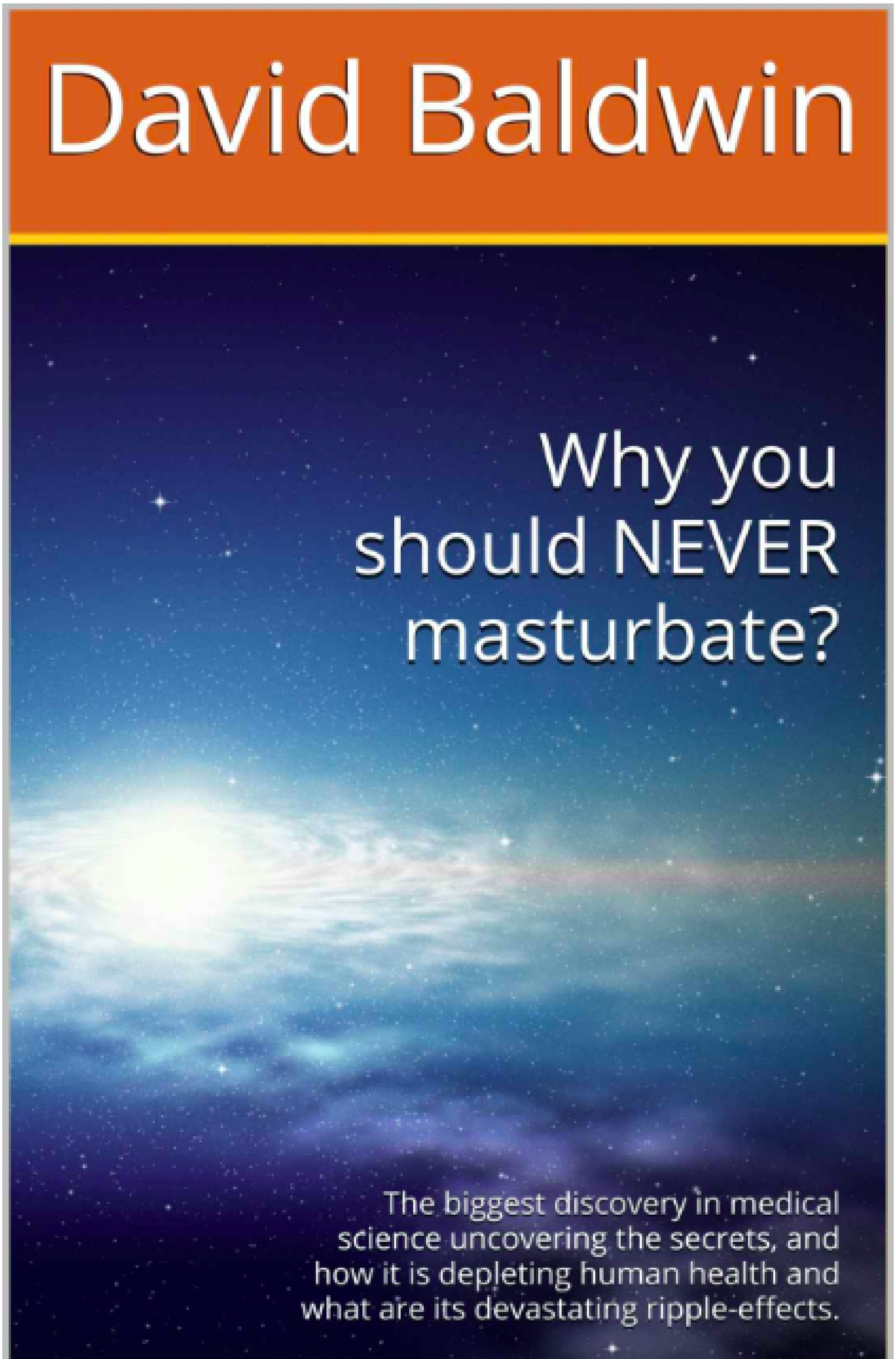
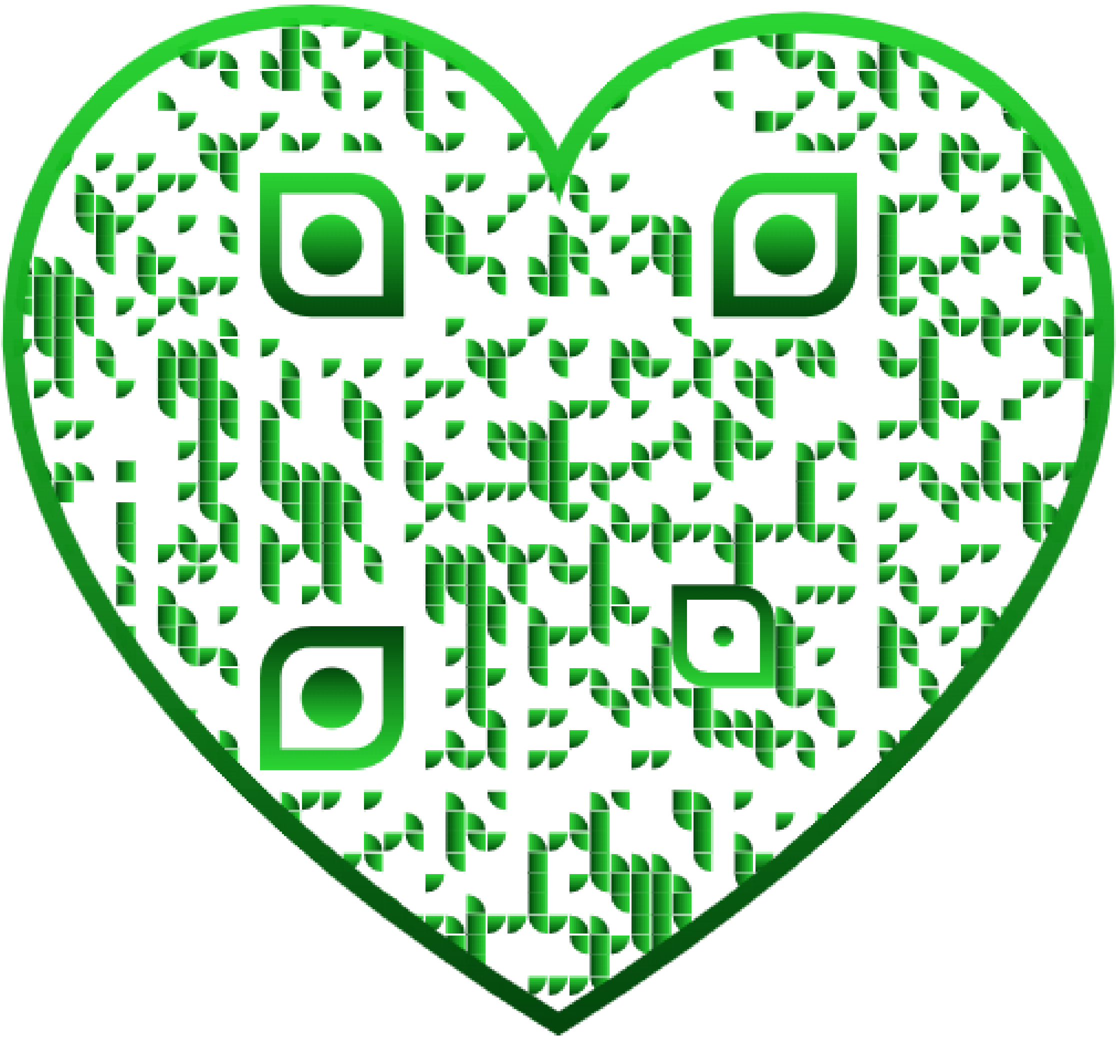

David Baldwin
Why you should NEVER masturbate?
The biggest discovery in medical science uncovering the secrets, and how it is depleting human health and what are its devastating ripple-effects.



Why you should **NEVER** masturbate?

The biggest discovery in medical science uncovering the secrets, and how it is depleting human health and what are its devastating ripple-effects.

David Baldwin

Copyright © 2017 Author. All rights reserved.

Most of the people these days consider semen and sperms are produced and stored only in seminal vesicles and testicles and get discharged from there and have nothing to do with rest of the body, and so they believe in enjoying it for the lifetime as much doable. This significant blunder, serious misapprehension, and *knowledge deficiency* will now get obliterated with this book. Here's the knowledge to begin a new chapter in the life of the humankind, and a journey into the deeper and further exploration of the human body, that will be beneficial to everyone.

- *A Guru*

There's something in the human body that provides support to whatever a person wants to achieve in life and helps do almost everything. What is it? You will soon know that here.

- *A Guru*

This is a very interesting topic.

- Every reviewer of the book

Whenever I masturbated, it was supposedly for enjoyment. I perhaps never would have realized the precarious consequences of it without this remarkable book. Now I relate many things of my past with it so clearly.

- A pre-publish reader

Dedication

To my dad.

To the readers.

Forewords

Foreword by Homeopathy Doctor

Author has undoubtedly done an amazing job in writing this book. At first, when the author came to me and briefly discussed on the topic of the book, i.e. masturbation, though I was happy to hear but I wasn't sure how detailed someone could go now-a-days to find about all the negative effects of masturbation and write over 200 pages on such a single topic, and that too, when unfortunately masturbation is considered good by many around the world.

But as soon as I read-through just the Table of Contents of the book, a smile came on my face and immediately told the author that this book looks nicely thought of and sequentially arranged very well (I myself being author of two books on medical field). The ToC itself generated lot of interest in me to read-through the entire book, and I must say, being a doctor myself, I am highly impressed with the book. It is good not just for laymen but for everyone in the world

regardless of age (after 11 years), country, religion, beliefs, profession, business, students, and even medical professionals from any medical science prevalent in the world. This may become one of such rare books that every single person in the world must refer (far more than the likes of *How to Win Friends and Influence People* by Dale Carnegie or *Think and Grow Rich* by Napoleon Hill, etc.).

I used to get surprised on every page and have told the author multiple times during our discussions that (1) The book has come out really very well and covers the topic in-depth, remains focused on the single topic entirely, and is really gripping, (2) The book is very detailed and no page seems like a 'filler page' in the entire book. Every page is filled with knowledge to gain from that will help everyone who reads and follows it. I did tell the author that though whatever is written in the book is believed to be true as per Homeopathy also, but in today's world when the body exposure is so much that urge for sex would naturally get pumped in the brain of almost everyone in the world. Sex is growing, not lowering with every passing day. I also told the author that masturbation, even though self-destructing and harmful, is still

better for them or for in such situation where a person can't control sexual desire and in turn may rape or rape-and-then-kill someone just to satisfy his sexual desires. I also agree that what I am saying here is not healthy, for a person to masturbate, but only thing I told author that since this is not the utopian era where everyone is good and the entire world is an ideal place, so to say, when there's so much nudity around the world and growing, it naturally tempts a person to have excessive sexual thoughts, and if the sex drive is not satisfied in normal means (sex) then it goes out of control, [and] then only instead of doing something more disastrous to others and self, masturbation seems to be a poor alternative. But I also agree and told the author that for as much as possible, if a person can follow the principles of this book, it sure is good only for him / her to not masturbate, because masturbation in either case is very harmful for a person's long term health. So my bottom-line is that one shouldn't masturbate at all for as much as possible unless things are going to go out of control, and I also personally don't recommend masturbation to my patients.

Youngsters have very limited sexual knowledge,

and usually from friends, Internet, etc., but this book will help them to clear their myths and misconceptions about sexuality. Another thing I was surprised when reading this book was that the author has similar views to what has already been mentioned in Homeopathic science. When author asked to provide some right Homeopathy knowledge source to understand the beliefs of Homeopathy, I recommended him the Boericke's Materia Medica and Allen's Keynotes.

The References section earlier was not very detailed and I gave this feedback to the author to include references from key Hindu and other scriptures, including Bhagwad Geeta to prove that unnecessary semen ejaculation through masturbation is indeed harmful, and to my surprise, author referred over 18 religions of the world. I am again very happy to learn what other religions around the world think about masturbation. Now the references section that author has detailed is itself amazing. The References section now further strengthens what's written in this book and will help various curious souls to read and research further about this topic in various religions, different sciences, etc.

I wish the author great luck for this 'noble cause' book that he has written and I am sure millions will be benefitted and make their lives and this world better.

Finally, with this book, one more book is added forever in my own library of 'Undiscardable Books'. I highly recommend this book to be read by every youngster above the age 11-12 years and understand in detail the bad effects of masturbation.

Dr. Bandish Ambani
M.D. (HOM), L.C.E.H. (Bom) Silver Medalist, C.C.H., M.H.A.G.C. (USA), M.N.C.H. (USA)

Author of books:

1. Practical Homeopathy: Book for newly passed out homeopathy doctors to get them established in practice
2. Classification of Materia Medica: *Book in progress*

Also,

1. 35+ years of experience in Homeopathy practice
2. Authored many articles in national and

international journals

3. Faculty member / teacher at national / international universities

4. Recipient of Best Mentorship Award from Hahnemann College of Homeopathy, United Kingdom

5. Regular consultant for lot of chain of clinics where he is sought after in complicated and incurable cases

6. Acting as Chief Consultant, Training Officer, Mentor, Executive Committee Member, and Lecturer at various medical bodies, seminars, etc.

Foreword by Allopathy Doctor

When author approached me and gave briefing about this book, the first thing I told him is it is an interesting topic. Though, modern medicine do have some differing opinions in general, than what author has described in this book, but after having decades of experience in medical field and having learnt about other medical stream perspectives, having also studied various religious and spiritual scriptures, etc. I do believe that the views which say that semen is not a wasteful commodity in the body but definitely is a crucial ingredient as described in many ancient sciences and religious scriptures should also be presented to people.

It is important according to the author to give this knowledge to the world based on his research as he learnt about its devastating effects whether direct, in-direct, co-relating, incidental, byproduct-effects, visible, not easily visible, etc. due to semen ejaculations.

Modern researches on effects of masturbation / semen ejaculation are not totally clear or are confusing at times as of now. There are fewer doctors who believe that masturbation is not good for health. Generally, you will find modern medical science describing masturbation as a healthy activity and some sexologist even recommending masturbation for some reasons to their patients or at least terming it as harmless. I have noticed in the history taking of my patients that after semen ejaculation the body does strain, causing negative physical, mental, social, and spiritual effects (including psychosis, depression, physical and mental deprivation). Semen does have direct and indirect connection with the rest of the body, and ejaculation fluid may include many useful bio-chemicals required for effective functioning of the body which may not be yet identified. Vedic scriptures say *Grihasthashram* (i.e. married family life) is important but also says that semen loss needs to be restrained. It is about lust for sex (which can turn bad) vs. controlled sex (good). Celibacy is vital code of conduct for monks in many religious traditions.

Modern medical science are yet to explore a lot about human body and how all its organs intra-

functions. According to me, it is better for the world to stop promoting masturbation any further as there are not enough scientific data to come to a conclusion.

I subscribe to the fact that earlier age people were not ignorant at all. They had a lot of knowledge and have written a lot about human body and we have learnt a lot from them. Older medicinal practices (that still exists) are also treating patients effectively, which itself means the knowledge of human body was always there earlier. In fact, there are several things in human body that can't be seen or understood by modern science fully yet, for which other medicinal sciences offer solutions.

I also believe that time has come to keep our mind open and let all the medical sciences of the world come together for meaningful dialogue. If we combine everyone's knowledge then it will be a gain only, not loss, and for better human health. This book is an eye-opener for everyone to start re-thinking.

All the medical sciences of the world have their own different set of medical books, but this may be the only book that can be part of all

the medical sciences around the world. I urge all the medical sciences of the world to keep this book as reference in their medical libraries. This book crosses the barrier of medical streams and is medical practice neutral.

Upon my first review of the book, I had told author that the book has some hard content that may depress some people, after which author simplified most of those contents. Take this book positively as past can't be returned but can be repaired by bettering present and future, and you will fly high.

Dr. Bipin C Doshi
M.B.B.S, F.C.G.P, M.S
Consulting Physician
And,

1. Around 40 years of experience in medical field
2. Writer of world renowned book "Gandhi before Gandhi"
3. Jain scholar teaching Jainism all over world
4. Established Jain Chair at University of Mumbai

5. Honorary Founder Secretary of JITO Apex (Jain International Trade Organization)

6. Honorary Vice President of VEERAYATAN – A socio-spiritual international organization actively involved in social service, education, and spiritual upliftment

7. Trustee of prestigious C. U. Shah Medical College, Gujarat

8. Co-mentor for the documentary film "Monument of Peace"

9. Story writer of some popular dramas, including "Gandhi before Gandhi"

Foreword by Ayurveda Doctor

In this day and age where nudity and sexual exposure is going beyond limits, and where movies, magazines, etc. show complete or partial nudity, I pity youngsters who often end-up doing mean thing like masturbation nowadays due to that. After discussing in detail with the author and knowing the purpose of the book, I am happy to write the foreword for this book.

The book will prove to be the elixir for the youngsters. It can help remove various small and big troubles from the root level in their life. This book will inspire them, give confidence and power to stay away and restrain from illegitimate sexual desires and masturbation. For parents and elders, this book is a guide in understanding the changes that come in children towards sex, so they can help their children in educating and putting them on the right path of life, at the right time. I completely believe that through this book many lives will benefit and give incalculable advantages to them. What is written in this book looks

right to me and also meets the principles of Ayurveda science. The brief description about seven stages (body elements) and eighth Ojus element is also accurate as per Ayurveda.

When the author said he has alone conducted this extensive research, I was totally surprised. Perhaps it was also necessary because today's science and new generations probably do not know so much or believe, and so probably it may have been not as easy to complete such kind of a work publicly. Exploring and doing such research is necessary to do quietly and in seclusion. Today, many people are going in opposite direction and someone with bad intentions and wrong thinking may have tried to bury such research that no one would have then probably ever known.

As a large scale research, I recommended the author to (or may be other agencies or government can) do research on fundamentals of why rapes are happening more now-a-days, how and for what reasons. That should help bring awareness and so to take necessary steps by the government and the people to prevent or at least sharply cut-down on the number of rapes happening everywhere.

I wonder in which direction people are going and how growing children get provoked due to various available mediums through which sex is available (listening about sex, seeing sex or doing sex). In today's short and tight dressings world and the way lifestyle changes are going on, each person need to analyze how much he is using semen or how much he is attracted towards sex or has he got habituated to masturbations, and then finally, what will be the effect of all this on him. Every person need to understand what is the role of semen in life, how to improve the quality of semen, and when exactly to use it. If a person stores his semen and sperms in his body then it increases the ojus / glow so much, which is important and good for the mind and the body, leading finally, directly and indirectly, for the good of the entire society. A person need to use the semen only in the third phase of life from the total four phases, which the author has described in the book. Once you have family, then again stop or restrain semen ejaculations. Semen retention after puberty creates a well-built foundation for the entire life's spectrum. Semen retention improves the will power, blood circulation, physique, aura, etc. The person having good ojus /

aura is the winner. Other persons look at him differently, in a positive and respectful manner. Even if someone has a lot of anger on another person, but as soon as he comes in front of such person having lot of ojus emitting from the body, the angry person can suddenly become calm. Other persons can change the way they used to think about as soon as they see the person with good aura.

Think what will happen when you destroy your semen. A person remaining hungry all the time for sex destroys himself completely.

Ayurveda says that there's a teapoy (a table typically having three legs) whose first leg is food, second is sleep, and third is practice of semen retention (celibacy / *bramhacharya*). The entire life (as in mind and body) stands on these three things. If you don't consume proper food you may fall sick, similarly, adequate rest through good sleep is extremely important, and lastly, if you don't follow the principles of celibacy (in terms of semen and sperm retention for this book), then soon certificate of death and diseases can come to you. So, all these three things have to be balanced well. It is further important to

understand that food and sleep is an everyday activity for the lifetime since birth, but semen ejaculation is not an everyday activity, but rather a controlled activity having its own defined rules, limitations, and boundaries. Restrictive use of semen not only gives pleasure to the person but also makes his life more systematic in every way. It also creates good ojus when all these three things are followed properly. Food helps create semen in body, and sleep brings the lost energies back from tiredness. The fundamental principles of healthy life need to be understood. How much to eat, how much to sleep, and how much and when to have sex is very important to understand. Eating too much is also bad. Eating limited, and giving adequate time before eating next meal gives time for the body's internal fire to digest food well, which in-turn builds better elements in the body. But if eating or sleeping habits are messed-up or carelessly followed then it can consume existing body elements and energies instead of giving new energies to the body. This may not be visible to the person in short-term. Consumption of existing body energies, which is otherwise required for sustenance, thus detriments and weakens the body energies instead of increasing them. It can also create deficiencies in the body that

will then start giving symptoms of diseases. Semen being the last element to develop in the body, so if semen is well developed, then one can understand that all previous six elements have developed properly in the body. It finally develops the confidence level, and, mental and physical powers. In Ayurveda it is also mentioned that over-utilization of the seven '*dhaatu*' (fundamental elements) of the body can cause various diseases including Tuberculosis (TB).

I always say what the point is and why is it required to have sex before marriage, as it defeats the fundamentals of marriage and society establishments.

The chapter 'Make Your Plans' in the third section of the book is like treatment for everyone. I suggested the author that along with yogasans, include meditation also. Only yogasan won't do everything, meditations also are a must. Meditations help create better circulations in the body, which in turn helps build better semen.

When author asked me to mention some good Ayurveda books, I recommended him, *Charak Samhita, Shushrut Samhita, Ayurveda Itihaas, Dosh*

Dhaatu Mala Vigyan, and, *Ayurveda Siddhant*.

I truly hope that if not billions but even if a few million people understand it and change their life after reading this book and reap the rich benefits in their lives through it then I will be more than happy. The book is for the betterment of the society. This book will become a symbol of humanity, and youngsters should specifically read and learn from it. I personally give this book an honored title of 'Life and Lifestyle Reformer'.

Since ancient times Ayurveda and the rishis always used to promote semen retention within the body, as it creates better ojus that is so critically important for the human body.

Dr. Rajendra Ranawat
B.A.M.S. (Mumbai)

Brief Profile:

1. Around 40 years of experience in Ayurveda practice
2. Patients involve all ranges from India, US, UK, and Middle East

3. Presented important papers & rare case treatments at conferences, CMEs, etc.
4. Invited by social, NGO, charitable, etc. groups for advising them on the Ayurveda principles

Acknowledgements

I am thankful to some very old scriptures and similar sources of information that gave some direct, and some hints and clues on this life critical knowledge.

I am thankful to some highly knowledgeable gurus and many other individuals including some of my friends during teenage with whom on casual or otherwise discussions gained lot of insight on this knowledge that is the lifeline and the root of many things for an individual.

I am deeply thankful to the reviewers, for boasting me all the way, for providing valuable feedback, and inspiring me to keep going ahead to publish this book.

Preface

Even the most powerful of men or women in the world may not be able to control the desire to have sex. Even the most elegant of men and women may be masturbating in private.

Here comes one of the most lusted, powerful, and may be one of the most destructive of all that is present in the Universe –– *the endless, and the ever regenerating –– desire for sex.*

No matter how much sex a person does or how much he masturbates repeatedly, and until the body become hopelessly weak, strengthless or like a useless remain of a fruit after extracting all the juice from it, still, the desire for sex may keep ***regenerating***, and which, somehow sounds scary. A question comes to the mind – Why we become like puppets of sexual desire? Do we really love to be controlled by sex desire or are we unaware of the reality? The reality of what goes on 'behind-the-scenes', and what happens to the mind and the body after a person ejaculates semen.

A person keeps feeding those ‘most powerful’ veins in the penis *by food and by thoughts*, and so as soon as it gains strength, it starts controlling the person and asks him to lose the strength by generating sexual desire in his mind and body.

The five senses that a human possesses, i.e. touch, taste, smell, see, and listen, do their respective work individually or at times one or more senses work together. But sex is probably one of those rare things that have the ability to control all the five senses and then gradually weaken all of them, more or less at the same time.

Desire for sex may never get over as it may never make a person feel *permanently* (as in never needing again) satisfied after a sexual act or a masturbation. *The only way out is not to fall to it, but to understand it*.

The only thing that is more powerful than sex, which can protect a person from its probable devastating effects and help to first come out of it, and then go beyond, that is also richer and peaceful, is only

one, i.e. *knowledge*.

Only knowledge can help one understand, prepare, and save from being prey to masturbation, and from all its ill-effects. Stimulate the knowledge within, and see, the happiness is then far richer that cannot be defined using any possible means, but can *only be felt, only be experienced*.

Introduction

Lost semen can be regenerated in the body so never feel disappointed, but conditions do apply.

Before publishing, every reviewer of this book told me the same thing – '*This is really an interesting topic*', but some reviewers also told me that this book at some places seems a bit hard on the readers. I kind of agree with them a bit. For example, one reviewer said, the book as if is saying that when a person masturbates or ejaculates semen even once in a long time he is still doing a grave mistake and a great damage to his mind and body, which can make the reader really worried and anxious. Such review comment is as such true. A rare semen ejaculation through masturbation, nightfall, etc. generally won't do noticeable harm to the body or mind (though it entirely depends on an individual's body mechanism, age, health factors, etc.). So, if you rarely masturbate or have rare nightfalls and are not in later age, then you should be overall fine. If you never masturbate and have rare nightfalls then you should be generally

doing much better with your health. But if you are regularly or at in-frequent intervals masturbating or having nightfalls then it can be harmful. For the purpose of this book regular or in-frequent masturbators include those who masturbate even once in four to six weeks. Accordingly, this book may seem more for regular masturbators, but, this book is important for everyone to get enlightened, and to reap the rich benefits of understanding what semen is really about and how to spend it, to ensure full of life till the later age.

No matter how hard the book may seem, semen ejaculation is a desire that is difficult to control for most people. So writing it based on worst case scenario will at least make one think about it more seriously and avoid masturbation as much as possible or at least do controlled sexual activities. Before you begin, you know now how the book is intended. So even if you have masturbated a lot, no worries. You probably didn't know about its bad effects and similarly, most people in the world didn't. But now is the time to stop it!! Once the energies are regained, the world will look at you totally afresh and positively, and so will you look at the world, because so much of positive energy

can float then. Well, that's the purpose of the book, to bring you out of the confusing and incorrect present knowledge, and to bring a new you. So always feel good when reading this book, because many of questions and myths will get answered now. Instead of yielding destructive powers of penis, now you have the constructive power of knowledge *(this book),* which will not only educate but also help come out of the various negativities in life. This book is very much applicable for the present generation regardless of age, but will also be forever helpful for all the future generations, from their age of puberty.

As we know that semen ejaculation can happen mainly through these four different, generic, and inclusive ways,

1. By oneself, i.e. through masturbation
2. By uncontrolled nocturnal emission (nightfall)
3. When having sex with own wife
4. When having sex with anyone else

Sex with one's own wife is the only best option and least harmful, of course that too needs to be restrained. Sex with anyone else, known or unknown,

and least harmful, of course that too needs to be restrained. Sex with anyone else, known or unknown, before or after marriage has many health dangers and risks involved. But this book doesn't talk about these two types of sex activities at all as it may need a separate book for that. This book discusses about the negative impacts of semen ejaculation only due to the first two categories, i.e. individual masturbation and nightfall.

The levels of negative impacts due to semen loss through different means of sex are somewhat different. An immediate question that may come to mind is, why is it so? To help understand that let's take a very simple example, most of us know that cooking food in different ways retains different levels of proteins, vitamins, aroma, taste, flavors, etc., e.g. when the food is cooked using different cooking mediums like on stove, wood fire, coal, induction, microwave, tandoor, sand, so on, and in different types of utensils (copper, steel, aluminum, sand, cloth, wood, etc.) even when it's the same food ingredients, spices, oil, water, etc. that are kind of just heated up together as per required sequence. Similarly, different means of semen ejaculation have different meanings, impacts, and

subtleties. Some knowledge on it is included in this book. Use the semen retention techniques and principles mentioned in this book and get on to a new and wonderful journey of having more beauty, happiness, satisfaction, power, and, better health in the very same life.

This book has a wealth of vital knowledge on human health and is fairly detailed. Do not draw any conclusions anywhere in the middle of the reading. Do ensure to read the entire book, as there are many things to understand that are spread across different chapters. If you want to straight away read the negative effects of masturbation and how to protect semen, then start reading directly from chapter number four onwards.

TABLE OF CONTENTS

Forewords
Acknowledgements
Preface
Introduction

Part I – Let's understand it
1. What is semen and how is it produced in the body?
2. Why is semen so crucial for you?
3. All the ado about masturbation
4. The negative effects of masturbation
5. Reasons that tempt or lead to masturbation
6. Reasons for nightfall and how to avoid it
7. What to do if masturbation or nightfall occurs?
8. How to protect semen and increase its strength?
9. How to build good semen with proper food?
10. Yogasans that help lower the negative effects

11. Indicative semen recovery timescale
12. Indicative semenability of a person
13. Going higher in life with long-stored semen
14. Understanding your teenage children
15. The sticky statistics of semen wastage worldwide
16. Researching on negative effects of masturbation
17. What women need?
18. Applicability of this book to women

Part II – From history to present
19. The Dilution of knowledge
20. A word on the modern medical science

Part III – Now to the future
21. Medicines and cosmetics
22. A positive future
23. Make your plans
24. Keep reading such books
25. Eternity to unmasturbated bodies

Part IV – Addendums
26. Common questions

27. Trying for a child? When to have sex?
28. The one missing things
29. The culmination of this book

Part V – Additional Readings & References
30. Additional (must) readings
31. References

Conclusion
Disclaimer

Part I – Let's understand it

1. What is semen and how is it produced in the body?

Semen is far beyond and far more than the mere chemical compositions.

What is semen?

Semen is a highly complicated substance and is not just protein, sodium, fructose, calcium, etc. or some combination of bio-chemical substances. Semen is not just difficult to understand but also difficult to know how it works in our body and what really its far-reaching purpose is. It will be a mistake to judge it merely by knowing what chemical composition it is made up of. Semen develops right from the birth and generally till the last breath. Semen is required from the very basic activities of day-to-day life to the highest possible level of mental abilities, physical strengths, and spiritual knowledge. Simply, semen is the potent and potion for every possible thing in life, only when it

is in its natural and unextracted state within the body. If a hand has a huge punching power and does all sorts of physical job, then semen provides that ability. Legs help a person stand, walk, and run, but semen provides that ability. Brain does the job of thinking, but semen provides that ability. Every part of the body does its own job, but semen provides the ability to do these jobs, acting as a support pillar for everything. Semen is not just about producing child or for sex and pleasure. It has too many and too deep functions in mind and body, and for various aspects in the entire life of a man.

Right from the innermost part of the bones to the outermost layer of the skin of the body, semen impacts everything. If a person gets aches and pains in the bones, or muscles, or having some skin problems, then any of those can be simply a direct or indirect ill-effect of masturbations done may be since long. Just like more the money, more a person has the ability to buy the material happiness, similarly, more the long-lasted and preserved semen (as-is in the body), more the mental, physical, and spiritual happiness the person can acquire in all walks of life.

How is semen produced in the body?

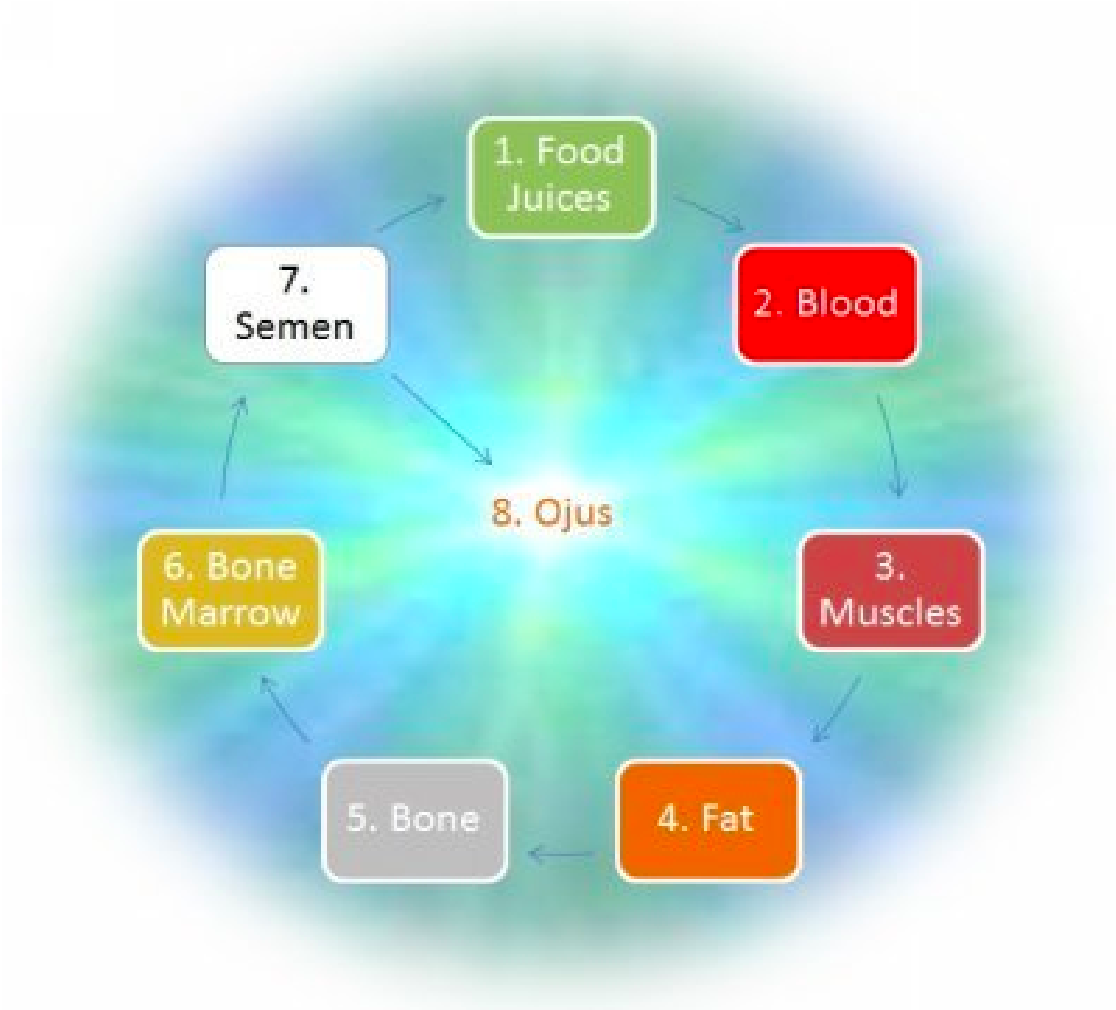
Human body works in layers or fundamental 'element components'. These layers describe how and what the body is made up of at a high-level. All the layers are not just interconnected but also cyclic in nature. The seven key layers in the body, in sequence, are, (1) Consumption process of food juices or the digestive mechanism, (2) Blood, (3) Muscles, (4) Fat, (5) Bone, (6) Bone Marrow, (7) Semen, and (8) Ojus[1] or The Light. 'Light' here is not just a simple dictionary meaning, but is much more.

After food is consumed, each physical layer takes about five days to transfer the required ingredients / energy to the next layer[2] (i.e. from digestive system to blood, then muscles, et al), totaling to about 35 days till the eighth layer. Each of the layers supports each other and has its defined 'job' to do in the body. Semen is like the horse-power of the body. Once semen is developed, ojus comes into being. Ojus can protect from all 'forms' of negative energies and diseases.

After every about 35-40 days[3] this cycle helps make better of everything at every step, i.e. better juice extraction from consumed food, better blood, etc. till

about five days to transfer the required ingredients / energy to the next layer[2] (i.e. from digestive system to blood, then muscles, et al), totaling to about 35 days till the eighth layer. Each of the layers supports each other and has its defined 'job' to do in the body. Semen is like the horse-power of the body. Once semen is developed, ojus comes into being. Ojus can protect from all 'forms' of negative energies and diseases.

After every about 35-40 days[3] this cycle helps make better of everything at every step, i.e. better juice extraction from consumed food, better blood, etc. till powerful ojus (meaning each day it creates certain amount of energy from the food consumed 40 days earlier to that day). Until this cycle is broken (due to any illness, medical reasons, severe weather conditions, natural physical conditions, existing deficiencies, semen ejaculation, etc.) everything keeps improving continuously. So essentially, once semen is ejaculated, it weakens all the above steps in the entire cycle, until semen is regenerated back properly, and which takes its own time. The cyclic process from food consumption to ojus is described at high-level as below,



How is semen stored in the body?

Semen is stored in the entire body in the form of all your energies[4] (including proteins, sugars, calcium, and other vital and even subtle ‘elements’) that are in muscles, bones, brain, etc. and then finally coming and ending in the testicles and penis via all the internal connections. Most people have presented two key different understanding on how semen is stored, and they are,

1. Semen is stored across the body and extracted from everywhere real-time during

ejaculation, or,

2. Semen is stored in the seminal vesicle and released from there at the time of ejaculation.

No matter how and where it is stored, it has to extract vital elements from the entire body, during or after ejaculation (in either beliefs), and while doing so it disturbs the blood circulation as well. Also, body has to generate the semen back. Even the process to transfer the semen again in seminal vesicle itself means it has to extract all those necessary elements from all over the body. That's the process weakening the body. The logic of option no.1 above is that if semen doesn't 'form' and get extracted from the entire body during ejaculation, then why may a man feel immediate weakness, stress, pain, stiffness in the body rather than only in sex organs? The bottom-line is ejaculation removes key elements from the body and then the re-generation of semen and physical strength takes its own time and method.

It is generally accepted that sperms develop in testes and are ready, pre-produced, and already there in the testes and epididymis during ejaculation, which

at the time of ejaculation mix-up and travel[5] with semen.

Why semen need to be retained after production?

Retention of semen / sperm (i.e. creation and reabsorption through its natural process) in the body generates progressively increasing physical and mental strengths. The body also starts getting smoother and shinier. It increases the receptiveness and the processing power of the mind, and its ability to concentrate for longer durations at a stretch. It protects the body from internal and external adverse impacts. Internal impacts include protection from irregular food habits, irregular sleep patterns, etc. External impacts include protection from dust, pollution, harsh weathers, various forms of negativities, diseases, etc. It automatically bounces back any untowardness coming to it from anywhere. These are just basic ones to begin with.

As soon as a person masturbates, the first thing it decreases is the protective energy field that surrounds not just the body but also inside the body (that starts at the heart, goes everywhere in the body, till the

outermost layer of the skin, and then surrounding the body). This protective energy field itself can't be seen by naked eyes, but it is the one creating the glow and luster around the body (by reflecting light). The protective energy field and the shine it gets are primarily from long stored semen. A weak protective layer also gets 'thinner' and creates 'pores' in it, and thus makes it look 'darker' as it can't reflect back all the light, so the brightness of the body starts disappearing. The 'pores / holes' in protective layer then allow various forms of 'dirt' (diseases) to enter into the body, from within by food, water, etc. and from outside through weather, air, etc., and also through various subtle ways. The protective layer becomes progressively weaker depending upon how much masturbation a person is doing. That is just a first step. The next is it weakens various body parts right from the bone marrow, bones, muscles, digestive tract, etc. Too much masturbation is like creating **semen-dehydration** or **de-semenization** in the body. Think what happens if body is dehydrated due to lack of adequate water, similarly, what will happen if semen is thrown out of the body that is having so many nutrients that are much more than in water. So basically, masturbation starts reversing and damaging

all that a person has got since days, weeks, months, years, and even decades. When long time storage of semen continuously increases the glow of the body, it also means that it has gone through all the previous processes and strengthened the mind and the body. Then, it starts enhancing both mental and physical capabilities.

2. Why is semen so crucial for you?

Semen is energy preserver, protector, and enhancer.

What is lost upon semen ejaculation?

As semen gives physical and mental strengths, and so, it diminishes them when it is ejaculated out of the body. *It is as simple as that.* Though, it also depends on individual body strengths, some have genetically weaker bodies, and some have a strong body. It also depends on how much time a person gives his body to regenerate semen or how soon he is masturbating again and again. Semen energy works both ways, if one keeps using it up in masturbation it can call for trouble for that person. But if it is restrained and channelized in other areas (like keeping busy and trying to improve various mental and physical skills) it can bring extraordinary and positive results in such person's life. The post-marriage sexual experiences of the person not masturbating before marriage can be extraordinarily wonderful and

pleasing that regular masturbator can't even imagine. When semen drains out of the body it depletes the key elements from the brain also, which can cause various problems like headache, reduced thinking abilities, recall abilities, forgetfulness, lowered ability to concentrate, unable to focus for long, getting mentally tired or impatient quickly, etc. So as soon as erections start occurring from puberty, one shouldn't haste to do masturbation or ejaculate semen, keep that desire pending for future, now is not the time, there's a lot of work that semen has to do for you first and so don't 'waste' it or disturb it for the good that it's doing for you.

Shouldn't the old sperms be discarded to get new ones?

Many people think now-a-days that old sperms in body gets either consumed or thrown-out and new sperms are generated, so they feel anyways by masturbating they can throw the sperms (and semen) out and do the body's natural process by themselves artificially (and enjoy too!!). While it is true that new sperms are generated in the body and that the old sperms are kind of consumed by the body, but there are vital aspects to be understood. First, old or

matured sperms are not thrown or exactly 'consumed' by the body, but rather 'converted' into various physical and mental energies in the body. These 'converted' energies keep strengthening the mind and body with every cycle of semen and sperm generation (provided it is not ejaculated). The ability of White Blood Cells that are known to provide the resistance and defense power against all ill bacteria, diseases, etc. also comes from these converted matured sperm cells. Sperms have just too deep and detailed functions to be carried, transported, and completed within the body itself that cannot be understood as easily. Sperms are like power generation plant that generates and distributes electricity (power) everywhere. It is not meant to just let go out of the body. *Sperms have vital energies yet not identified*. The simple fact that each spermatozoon has capability to generate a human being speaks of its vitality. Each sperm can create an individual and each individual is unique. Only one sperm (generally) reaches the female egg denoting it is the chosen one.

Some people even believe that sperms keep growing from millions to billions to trillions to zillions, and thus then growing the size of the testicles. That's

quite an incorrect guesswork because this belief nowhere includes the recycling of matured sperms within the body. Recycling of sperms automatically help maintain the maximum possible count of sperms in testicles. Recycling of matured sperms and generation of new sperms is like continuous. If a person masturbates, he ejaculates sperms that needed to be instead recycled within the body. The new sperms that are generated can't recycle until matured as per its cycle. As the earlier sperms got ejaculated, rather than recycled, so the body's natural energy enrichment gets postponed by 40 days (i.e. with every such masturbation).

It is a known fact that our body cells keep dying and new cells keep generating, and, it is also known that our body has no way to 'throw' the dead cells out of the body. So the dead cells break-down into different components and recycled within the body. Recycling and formation of new useful substance is natural for each cell of body. Nature has not provided any organ or mechanism to throw away dead cells. Dead cells are used by the body in different ways, like help in internal processes and functions; provide necessary nutrition to different body parts, etc. Semen

and sperms are also supposed to be recycled, and not artificially discarded out of the body. Modern science is yet to research on the beneficial effect of live or dead spermatozoa in the body as to what do they give. Stored semen and sperms have vital functions to carry.

Everything in the Universe is simply recycled and reused, there's nothing for free that can be wasted. Wastage only adds to the cost, efforts, problems, and time, because what has been wasted has to be somehow recovered to bring back the balance and the perfect state.

Once a person loses semen he loses that much of all forms of resistance and defense capabilities. He would start weakening all his body parts. It doesn't make any sense in saying that younger semen and sperm cells are better than older. It's the older and matured cells that provide all the needed energies. When a person is in his youth, he already has long stored energies from many years, so even after much masturbation the person may not realize the loss of energies in him, but as he grows older in age, even a single masturbation in a month can make him giddy and strengthless. The reason is usually due to lot of

ejaculations in the earlier years making him lose his physical powers and all forms of natural defense mechanisms quickly.

After the minimum required strength is acquired by a body since birth, the age of puberty (and so erections) starts i.e. from about 11/12 years on an average in the current times. But semen doesn't just appear from nowhere suddenly at the age of puberty, it was always there getting developed, stored, recycled, etc. within the body since birth, and that's what was giving and increasing the physical and mental strengths in the kid[6]. So it's not the new semen cells that provide the strength, but it's the older ones after recycling giving all the strengths. New cells need to be retained to become older to continue the recycling process and to continue the creation, provision and dispersion of energies in the body. Surprisingly, many people now-a-days say that older semen (and sperms) is useless.

Does semen regeneration duration differ based on age?

It generally takes 30 to 40 days to bring back the lost semen to its original state, but it is not just about

lost semen to its original state, but it is not just about the liquid quantity. Also, semen may not regenerate in the body for everyone for lifetime that one can keep spending it (even though a person may not stop thinking and desiring sex). Just like a person retires from job or business at some point in life so does the semen regeneration retire (either stops or extremely slows down) in the body at some point in a man's life. In the recent history, this used to happen mostly after the age of sixty, but now it is also happening at much early age with many people. Semen regeneration may slow down after mid-thirties depending upon how much a person has used it up and how is the physical condition of the body. Add to that, if a person keeps masturbating multiple times in 40 days, then he is delaying and multiplicationaly taking far more time to regenerate the lost semen, which is more damaging.

What would happen if there's low or no semen in the body?

Just as we all know that blood is required everywhere in the body for proper functioning, similarly, semen[7] is also required everywhere in the body for proper functioning. Just like body does not over-build the blood in the body, similarly it doesn't

over-build the semen. Just like a body cannot survive without blood, it can't without the semen for long. Diseases will start creeping in the body. In general, diseases develop in a human body due to one or more reasons, but routine masturbation is the single most such negatively powerful activity that is responsible to develop too many diseases and problems in human body and mind. Because during masturbation, the entire body reacts to it and releases energy from everywhere in the body and discards from the penis. Then the body has to work harder to regain lost energies. There's lot of physical and mental stress generated during masturbation (or any sexual act), one feels temporary strength during the act followed by weakness for the very reasons.

Just like without oil in a car, it will squeak, hurt and damage the crucial car parts, and may finally burn and damage the car beyond repair, similarly, without semen, body will become stiff, painful, movements of different body parts will be difficult, the flexibility of the body will be gone, no matter how much then a person exercises, does yogasan, etc. (unless semen recovery is followed). The only difference in case of the oil in machineries is that it needs to be changed at

certain frequencies with old oil removed and fresh new oil poured (because there's no cell breakdown and recycling), but in case of semen, it is the opposite. The longer-lasted the semen, the more powerful and better it is. Semen helps in holding the physical, mental, and spiritual powers. Just like watery thin oil won't help the machines run properly, similarly the watery thin semen will not help a body function effectively. The body will feel also tired sooner than with those having thicker semen. Just like machines also need oil with the right thickness to sustain the force, have smooth functioning, and work properly, for longer durations, so does a body needs the thick and sticky semen. Like in cars, bikes, and almost all types of machinery, oil lubricates for smooth and proper functioning, similarly, semen acts as oil in the body giving smooth functioning to all the body parts. It helps not just in easy movements but also provides strength to all the body parts. It makes the body more flexible, strengthens it, and builds more resistance of all sorts.

It would be wrong to underestimate the inner strengths of long-time unmasturbated bodies; they can surprise people, unimagined.

How much it can affect married life?

When young, a person may rub / stroke penis for may be over 200 times and get tired of it, but still semen may not ejaculate. But after a person does too much masturbation over the years then in some cases even with 2 rubs / stroke or even a touch or some sexy thoughts, semen may ejaculate. Such people usually get erection almost instantly, ejaculate instantly, and lose erection also almost instantly; literally killing the true sexual pleasure that comes after a prolonged foreplay, intercourse, etc. Some may ejaculate immediately even with no or little erection. With that, some may get frequent nightfalls, because the penis may become weak and too sensitive. Semen may also become thinner and watery. So stop masturbation to have the better post-marriage life. There are some who don't like to masturbate. The sex life of such person usually should be far richer with much better sexual pleasure and experiences compared to those who frequently masturbated for many years before marriage.

Having this, many men get scared thinking what will happen after marriage, with instant ejaculation, thinner semen, can't keep penis erect for long, and

may be the penis tilt a lot in either direction due to weakness in penis. When young and full of long-stored and long-generated semen, the energy level (of both mind and body) is high, but with lot of masturbation and aging, a person realizes later only to then unnecessarily suffer.

Some married women go to restroom to masturbate as they are not happy with husband's lack of sexual drive and erectile, etc. problems. Some women may go out to other men to satisfy, with or without the husband's knowledge. While some only suffer, consciously or unawarely as their sexual life gets unhappy. Before marriage, women usually masturbate much less than men. Many women never masturbate in their bachelor life. Post marriage, when wife comes to know of her husband's habit of masturbation during his bachelor life, he may feel regretful. Regular masturbator need to introspect and ask himself as to why masturbate so much, specifically as it will keep him weakening. A man should not let himself and his wife suffer in their sex life. Just imagine if a person doesn't masturbate and is full of vigor, strength, and semen, then how enjoyable his post-marriage sex life will be for him and his wife. The

sexual experiences will be so good, long lasting, and for years for both of them as a married couple. The overall life will also be much healthier. Don't destroy or lower the life's long lasting happiness with short lasting masturbations. Though sperms may always be there and a person may still have the ability to father some children (with or without medical help) but many other things (physical and mental strengths, good sex life, etc.) can go away gradually.

Can workouts in gym help regain lost energies faster?

Workouts in gym can help regain energy provided regular masturbation is stopped; otherwise it won't help no matter how hard one workouts. After workout some feel so much of energy and tight erections, that instead of holding that moment to achieve greater strength and semen power, they masturbate and destroy all that they got, and even more. Just because a person's biceps, chest, etc. shows great muscles, veins and shape, does not necessarily mean he is a semen-full guy (though there are chances of it, but other factors also needs to be considered to understand the semenability of a person). Imagine the days before masturbation how energetic one may be,

and compare how the energies are now. Unless masturbation is completely stopped one can't possibly be energetic as earlier. There may still be enough time even if a person has masturbated big time. Such person should stop masturbation immediately and completely, and everything can be fine.

For how long one must retain semen in the body?

Retaining semen as-is in body for long time is like cumulative investment, where the interest earned also gets invested, thus increasing the interest earnings with every re-investment (interest on interest). But if one uses up the interest amount then he never grows as the principal amount remains as it was. In fact, the person keeps losing the money due to inflation as the value of the principal amount also keeps decreasing. Similarly, one need to cumulatively 'invest', i.e. retain semen as-is in the body and not 'spend', i.e. not let it go out. Semen is 'everything' for a man, protect it within the body in natural state no matter what, don't let it go out by any means in wasteful ways, except for restrained sex with own wife.

Whether a person is a poor or a billionaire,

masturbation doesn't distinguish anyone and gradually starts destroying whoever it is.

What semen is, for different things in the body?

For semen to be able to do everything for the body it sure needs regularity in life, right food intake, adequate sleep, exercises, etc. but here we will see at elementary and uncomplicated level how semen helps regulate and provide strength and support to each layer of the body,

1. **Digestive system** – Just like a good juicer can extract maximum or required amount of juice from a fruit and discard remains of the fruit, similarly, semen helps the digestive system of the body to extract all the right ingredients from the food to the maximum possible and, as needed. With low or no semen, the digestive system won't function effectively and it will pass on the food in the digestive tract with little juice extraction and leave the rest. Low semen weakens the digestive system and that has the progressive effect on the entire body function. Without a good digestive system, which is the

first step, all the subsequent steps in the physical and mental systems of our body can't function as desired.

2. **Blood** – Semen helps get the right amount of thickness, composition, and pressure to the blood and provides the strengths to do its necessary function around the entire body effectively.
3. **Muscles** – Semen provides the right level of tightness and strength to the muscles.
4. **Fat** – Long stored semen will help fat do its job better in supplying the right amount of energy levels in the body.
5. **Bone** – Semen provides strength to bones. Low semen will gradually make the bones brittle.
6. **Bone marrow** – Without semen, bone marrow won't do its job of creating healthy blood cells, and various other functions in the body.

What is consumed (food and drinks) only that needs to be processed and discarded out from the body[8], but not the energies that are generated within the body, otherwise that disrupts the natural body

mechanism, along with the progressively enhancing energy cycle, and the protective layer in and around the body, i.e. ojus (in the form of light or glow, which is just for the basics and has far deeper meaning). Another important area where semen is a must is to the 'other' living organisms (e.g. bacteria, et al) existing in the human body. Frequent semen ejaculations weaken the abilities of the good bacteria (and so of human cells), and thus strengthens bad bacteria or 'dark energies'. Semen provides strength to the bacteria that do various activities in the body including provide defense mechanisms, et al. Without strong good bacteria, human body can't even live long, or live with some or the other sicknesses.

Semen is like the foundation structure of a building that provides strength and the ability for the building to stand and withstand any unfavorable forces. If the foundation is weak the building won't last for long.

What is included in the ejaculation fluid?

There are three types of fluids, i.e. pre-cum, semen, and sperms. During ejaculation, first comes a transparent fluid, generally called as pre-cum[9] to

‘clean-up’ the internal tube of penis, open the ‘gates’, and ‘make way’ for semen and sperms. Then are the semen and sperms mixed together real-time, i.e. just before ejaculation and then come out together. Semen is major portion of ejaculation fluid and is also the carrier and protector of sperms. Sperms are tiny proportion of the total ejaculation quantity. For various chemical substances within it, just search on the Internet and it will give all the details.

How about semen ejaculations at later age?

For better health in later years, try to lower semen ejaculation by all means in the 40s, and then if possible just stop semen ejaculation after the age of 50 years. Of course it seems very difficult, or may not seem acceptable for many, but then again the choice is entirely of each individual. Not ejaculating semen can provide much healthier later life. Just think that you already enjoyed sex life for almost 25 years, now health requires more attention. Try to stay satisfied with whatever number of times you had sex in life until such age. Do not try to get more semen out of the body after that age or throughout the life. If semen is ejaculated at such and later ages, then based on the physical condition of the person the recovery of semen

may take much longer too. Each time of semen ejaculation then keeps becoming far more expensive in terms of physical and mental health. Various other ill-effects can give different routine troubles, and so to your near and dear ones in taking extra care of you. Post 40-50 years of age all forms of strengths start lowering in the body and semen ejaculations will only speed-up lowering of strengths, weaken the person faster and invite more diseases.

3. All the ado about masturbation

Is it really good, or rather, worse?

In the previous chapters we learnt some basics about semen. The next few chapters are the most important ones, but just before we go there, let's quickly see some of the most common questions on masturbation to get the ground clear for deeper understanding.

What is masturbation?

It generally means exciting genital organs usually by hands and or rubbing it using anything that would eventually end with ejaculation of semen fluid and sperms when the sensations reach to its peak, i.e. orgasm. Masturbation now-a-days is done in various ways by both men and women and so all techniques of masturbations are assumed in this book when we say 'masturbation'.

What age it begins?

Masturbation gets known to almost everyone from

11-13 years of age, and many start it since then and some later on.

Until what age masturbation is done?

Some do it until married. Some do till later age and even if semen generation isn't there in the body. Some stop upon believing it is not good to do, regardless of age or number of masturbations done earlier. There are fewer who never masturbate.

Is masturbation bad?

This one question is prevailing everywhere since quite some time. Many people, if not all, of today's world term it as good, whereas almost all pre-existing theories unanimously considered it harmful. It is not just bad for health, but has consequential, successive, and tertiary effects on the entire life. This science isn't that quick or small. We will be seeing various topics related to masturbation and get enlightened.

How about sex with wife?

Sex with wife[10] is about sharing, merging, connecting, transforming each other's energies and includes give and take even in subtle says that is a much larger concept. Masturbation means simply

discarding, wasting, destroying and diminishing all sorts of energies. Sexual intercourse with wife has its own mysteries and not considered as harmful as masturbation. Though sex with wife also needs to be restrained, it can't be unlimited.

Is it known by many that masturbation is not good?

Many people across the world have knowledge about one or more of the ill-effects of masturbation. But they usually don't speak openly on this topic. At the most, some end up saying something like – *"Today's world is going in wrong direction, what to say, how to convince people of today?"*

Due to this known-but-remained-silent knowledge with some, there are more people now believing the modern theories that masturbation is a good-to-do healthy activity. Those who know seldom speak, and those who do not know the ill-effects and assume that it is good-to-do activity or are still researching speak aloud through every possible communication mediums, i.e. Internet, magazines, articles, newspapers, verbally, etc. People generally start believing those who speak aloud.

Those who know that masturbation is not good[11] may occasionally pass on the knowledge verbally to their friends, colleagues, may be children sometimes, or during casual discussions with anyone. The knowledgeable spiritual gurus usually enlighten about it to their pupils in as detailed and as deep possible. All those who know that masturbation is not good need to speak up and don't let this science die. It is getting late as now majority of today's generations have already started masturbating a lot. We think of future generations on many topics like greenhouse gases or global warming, garbage on Earth, spacecraft debris in outer atmosphere, clean water, various types of pollutions (noise, CO_2, industrial), etc. Similarly, it is also required to bring global awareness on why preserving semen is important too. Though more people today think masturbation is harmless, but hopefully sometime in future everyone will understand and believe how harmful masturbation is. Just like it takes so much of time and efforts for people to understand the adverse impacts of unclean surroundings, garbage, pollution, etc.

Sometimes modern theories give differing

views on it, why?

As of now, modern researches can be inconclusive due to continuous researches so there can be differing views. In future, it is possible that doctors, researchers, professors, scientists may say *masturbation should simply be never done. See chapter 'A word on the modern medical science' for detailed discussion.*

It is believed that masturbation helps burn calories, isn't that healthy then?

Some believe masturbation burns calories, though not probably conclusively proven yet by modern medical science. It can be anyways termed as a very short-sighted thinking, as masturbation does various bigger harms to the body, and there are many other better ways to burn calories. Also, let's understand that calories are not the only thing to take care of in the body.

Some say masturbating is good as it creates fresh blood in the body and throws away dirty old blood. Isn't that right?

Isn't it strange that many people even believe it without enough thinking? Is masturbation really a way

to create new blood? How it can create fresh good blood, if one doesn't eat properly or eat cheap and unhygienic food, won't the new blood be adulterated or bad? Instead of throwing blood out, why not purify it within? Good new blood can never be created by simply ejaculating semen and also without having proper diet, exercise, good / positive thinking, regularity, daily routine, proper sleep, etc. That does not mean masturbate and regularize the life to build good blood and semen, as we will see in the coming chapters why that also won't work.

Keeping the same blood and purifying it within makes the mind and body more powerful, but not by discarding it. In fact, if the blood is discarded, it not just weakens the body but also makes it work harder to regain the lost blood. Similarly, masturbation weakens the body, so how can the process of weakening the body be 'good for health'? Another point to think about masturbation is, if one wants to get fresh, new and good blood then why not discard the blood out of the body, why instead discard the semen? Some believe that semen and white blood cells are one and the same, while some say both are different (though interconnected in the body). The theory of throwing

semen out to create fresh new blood doesn't make sense.

A true story: Upon learning such 'good for health and fresh new blood creation' theory, there was a teenager who started masturbating minimum three times each day, morning[12], afternoon, and before sleep. This guy happily did it and used to feel proud assuming he is doing it for good of his body and mind, and also having added fun, and so thought he is doubling the advantage. This guy eventually became full of pimples on his face. He started looking darker and coarser as the glow disappeared from his face. He never realized why he is having so many pimples. He thought it is natural as others get at such age. He thought changes in his skin texture were due to dust and pollution. *Was it double the advantage or a multiplied disaster?* What happened next was this guy's parents learnt his grievous masturbation habit and got him married immediately, right at the age of 21. So he does not do further damage to himself and to his post marriage life later on. Someone from his father's family and friends must be aware about the ill-effects of masturbation. This isn't an isolated story; there are umpteen boys like this around the world who

have become masturbation addict.

So semen shouldn't go out of the body at all?

The very fundamental rule of high semenability is that no semen should go out of the body, and with it needs to be the right thought process, healthy food intake, and regularity in life, thus generating abilities that will gradually increase immense strengths and knowledge within such person. Eventually, it may require a knowledgeable guru's guidance in channelizing the person's strengths in the right direction. This principle is primarily for celibate monks. For those wanting to get married, this principle is generally applicable until bachelorhood, obviously.

What do various religions say about it?

In certain religions masturbation is considered as a grave sin. Many may find it funny to be called masturbation as sin. But it will be good to understand it before we laugh it out. Some say because it has reproductive seeds and so shouldn't be destroyed. While some believe that upon ejaculation, millions of live cells in extremely feeble condition come into being

and end the life instantly. Also, some say that if semen is left unclean when it was wet, meaning if it dries and in case it gets wet again with say water, then some seeds come back to life and again end the life instantly on itself as they are so extremely feeble, thus doubling the sin due to this process. Some wash cloths immediately after an ejaculation (masturbation or nightfall) to avoid drying up of semen on the cloths, bed sheets, etc. It doesn't matter on how a person takes this concept, but the rules of Universe[13] will remain there regardless of a person's level of understanding, belief, and acceptance. If modern science proves it scientifically and with data then it can be easily accepted by the people at large.

Why some feel guilty and shameful after masturbation?

One of the key reasons masturbation makes a person feel guilty because such person discharges his own self, his energies, and so many essentials out of his own body and thus weakens his body and mind, just due to an uncontrolled excitement, which hurts his conscience and he may not be consciously aware of it. Some other reasons are cultural, religion-based, personal choice, or if they already know that it is not

good, or if didn't follow elders'/parents' advice to not do it, etc. Basically, playing or pleasuring with own body and genitals just doesn't make sense somewhere. That's also why the concept of marriage exists to complete and fulfill each other in every way.

But what about the pleasure and fun that it gives?

Many think of it as a pleasure activity and so they do it. Every fun has a cost, nothing is for free and the cost of masturbation is high, as we will see that in next chapters.

Are energies lost forever after masturbation?

Yes and no, and something else too.

Yes: Upon ejaculation, that much of semen energies are permanently lost.

No: Because one can recover it with proper diet, regularity in life, exercise, etc. So the energies can be recharged, though the recovery takes about 40 days (other factors may extend recovery time).

Many people masturbate multiple times in 40 days, making the total recovery multiplicationaly much longer. In some cases permanently irrecoverable if a person is not stopping masturbation and so not giving his body enough time to recover. Losing takes few moments, but recovery takes 40 days. Not ejaculating even once in 40 days seems too long for most humans now-a-days, unfortunately. But remember that even if a person masturbates once after every 40 days does not mean he will be perfectly fine thinking he is ejaculating only fully recovered semen[14], as that will be incorrect. Also, complex combinations of many things depend on what can be called as fully recovered semen in 40 days (i.e. food habit, good sleep, regularity, exercise, thought process, etc.).

And something else: Even if a person does not masturbate for 40 days and follows everything properly to ensure full semen recovery, still that means he is almost where he was before 40 days of his earlier masturbation. After 40 days of no semen ejaculation, the true inner strengths in a person, i.e. mental, physical, spiritual, etc. starts developing. So a person will anyways destroy his strengths every time he

masturbates even after every 40 days. Finally, lost semen is lost semen, and continued losses will gradually anyways keep weakening a person in every possible way.

Eating generates continuous energies in the body, so why 40 days?

A person may think that since he eats every day, so he can masturbate every day, so why wait for 40 days as food is giving him continuous energy after each meal he eats. That's not correct. One time of semen takes up 40 day worth of energy from the body, so consuming one day's worth of food won't develop all the required semen, as it requires 40 days' worth of food to build one time of semen ejaculation. So each time a person eats, it generates tiny proportion of semen energy ('*semenergy*'), and each time a person ejaculates he spends 40 days' worth of hard-earned energy. So if the person masturbates each day he loses 40 days energy for the first time and then multiplies the loss progressively after every occurrence of masturbation done within those 40 days, as the body didn't get enough time to regenerate the lost energies before the person masturbated again.

Without ejaculation, is it ok to just play with penis and testicles?

When it is said that semen should not go out of the body does not mean a person can still play with his penis and testicles, and then try control and stop playing right when it reaches its peak experience (orgasm) and any further play may lead to ejaculation. Never do this, it will not only initiate / trigger the internal body reactions, but also can make various body fluids, penis and testicles unstable. Sensations in penis will also remain active for about two days. It will take time for penis, testicles and body to come back to normalcy. Also, if a person keeps playing like that several times without ejaculation, and then finally ejaculates sometime, then far more proportion of semen may ejaculate making such person far weaker in every way by mind and body and in a much shorter span of time. The recovery of such lost semen will become even longer. Even if ejaculation is not done in such case through masturbation, then there are chances of having nightfall with more quantity of semen than usual. So either way, playing with genitals will cause harm to the body by either more ejaculation or unbalancing the body fluids.

Masturbation is the abyss and whirlwind that can lead a person towards gradual self-destruction.

4. The negative effects of masturbation

We can't possibly move forward well to discover about our body in-depth, without understanding what really semen is. It will not only tell us a lot about our body but also start the journey of understanding about our very existence.

As soon as one initiates masturbation, the veins in the penis become active almost immediately and give signal to the brain of 'feeling of pleasure'. It can be termed as hallucinating, because while it sends message to the brain that you are feeling good, but in the background it actually is in the process of extracting the vital elements to drive them out of the body, like a Trojan horse or a slow poison. From outside one feels good, but from inside it has come to empty the treasure and destroy the person, even though gradually, and without the person even realizing it, as if a *Slow Trojan Horse.*

Once masturbation is started, at progressively

increasing speed the sensations start becoming stronger, the person becomes weaker by his willpower, and his mind and body starts losing self-control. The control, vigor, and strength is instead shifted on to the hands, and the person want to keep increasing the speed, to satisfy the veins in the penis that is asking now more, and even more of this activity. The person now wants to throw the semen out of the body as quickly as possible to satisfy the craving of those veins and so to finally relieve him. He finally loses semen, and deteriorates himself. Masturbation develops unhealthy heat in body. Sex with wife may last even up to few hours for a few daring ones, but masturbation usually lasts for a few minutes (or few seconds for some).

A few minutes' of masturbation and the two to five seconds of uncontrolled momentary satisfaction during ejaculation can bring many problems in life that can last for weeks after every occurrence of masturbation, and too much masturbation can add problems multiplicationaly all the way up to months, years, or even lifetime. A person may sometimes feel giddy, have a sudden momentary headache, feel vein strokes / twitching in muscles, have digestive

problems, etc. and he may feel it may be due to food, bad sleep, stress at work, etc. but the root cause can be masturbation. At times, an illness can be an after-effect of frequent masturbations, which a person may not even notice or realize about.

We will see in this chapter that the ill-effects of masturbation is not just to a particular area, but occur everywhere in the body, whether it is penis, testicles, skin, bone, brain, the digestive system and everything from the scalp to the toes, and from the bone marrow (stem cells) to the skin. There are more likely chances that the weakest part in the body gets impacted the first, but it is difficult for anyone to say which part of the body of a person may impact first or the most, at present or in future. Once some key elements are lost with ejaculation, the body obviously reacts and tries to regulate the functioning again. Body will try to 'find' as it will feel 'thirsty' due to lack of its 'fuel'. It will try to 'talk' with different body parts to try bringing the body back as it was. It feels something is less or not adequate as it needs to be. With the discharge of various physical and subtle elements and properties from the body that are required by the body to function efficiently, the body will obviously have some

negative impact and it will start working on it to bring its earlier state. That it will do from food, physical activities, and thought processes of the person. The shortage of discarded elements that is otherwise stored all across the body starts creating various deficiencies in the body.

Once the deficiencies are 'created' people undergo all sorts of medical tests, analysis, examinations, take opinions and then medicines, therapies, exercises, food changes, check for hereditary problems, other problems, try to go beyond symptoms, narrow down causes based on all this, and the person already gets tired of it, spends too much money, time, efforts, but still the missing part is all about lots of masturbation that may have caused the problem.

Let's see some of the most common short-term and long-term ill-effects before getting to the details of various negative effects.

Most common short-term or immediate ill-effects (more in teens and twenties):

1. Pimples on face
2. Itching on face

3. Constipation / digestive problems
4. Reduction in skin smoothness and glow
5. Muscle-twitching / vibrating veins across body

Most common long-term ill-effects (in thirties and forties):

1. Pores on facial skin
2. Feeling giddy, and strengthless shoulders
3. Weak digestive system
4. Frequent nightfalls / wet dreams
5. Feeling physically and mentally older

Too much masturbation may also make,

1. Some of the ill-effects chronic or permanent
2. Some ill-effects may take much longer to heal
3. May add more diseases in body
4. Long term or later age ill-effects come at early age

Reduction in the smoothness and glow of the skin is the most common and basic amongst all, meaning it

is both immediate (short-term) and also the long-term ill-effect that lasts for too long on those who frequently masturbates between their early teens to late twenties. Finally, all the ill-effects are based on individual semenability. Those physically not too strong need to be even more careful about preserving semen in their body. The ill-effects listed below in this chapter are the most common ones. Each person may get different set of problems in different areas in the body. After reading this chapter, one needs to introspect (and retrospect), if such problems are ever desirable in life and if it was ever imagined for masturbation being the cause of so many problems. Some people may sure know at least some of these (or may be more than these), but most people seemingly aren't aware of most of these. The ill-effects listed here are only indicative few and many of them are basic level. There are yet far more dangerous and deeper ill-effects.

Let's understand some of the negative effects of masturbation now,

Constipation

One of the initial signs of ill-effects after masturbation inside the body is disruption in digestive

system and constipation. Constipation may not necessarily happen to everyone after masturbation, but there are great chances of it. Constipation happens mostly between the ages of thirteen to forties. Once the constipation releases after about two or three or four days a person feels finally so good from within as his mind and body both feels relieved and refreshed. A person may end up taking medicines to relieve constipation, thus adding medicines in the body, which may create side effects, but still constipation may not go away if one continues to masturbate (or may come back again). Medically, there are other reasons as well for the constipation, but masturbation also is one of the key reasons, which unfortunately is not generally known. Some people who have masturbated too much in the early ages may also have chronic constipation. As per Ayurveda medicinal practice, constipation is the root cause of many diseases.

Pimples

Different theories exist on pimples, but no conclusive scientific reasons are yet told or found (in general). Some believe it to be impurity in blood, or formation due to dust accumulation, insect bites, hot

weather, some skin disorder or disease, hormonal changes, etc. Not that these reasons are totally incorrect, but then aren't correct either in a lot of cases. Impurity in blood and hormonal changes sounds very close. Giving medicines to purify the blood or to calm other symptoms may not help much until root cause is found and corrected. It may also be possible for some heavy dose medicines creating rapid heat or unbalancing blood or natural body mechanism resulting in an occasional pimple or two.

Not many know that the most important and one of the root causes of pimples on boys is masturbation. Pimples are the most visible ill-effect of masturbation. The more, the aggressive, and the faster the masturbations are, more the pimples can appear on the face. Some have naturally cooler body compared to others and they may get lesser pimples, but those having more natural heat in the body have more chances of getting more pimples.

There are exceptions to probably every rule of the Universe, and some may get pimples without masturbation. Such boys and men will be wrongly considered, unfortunately, as if they are masturbating.

It depends on overall current state of health, natural physical strengths, internal heats, food habits, sleeping habits, thinking habits, etc. If a person has been masturbating quite a bit and then stops masturbation, still he may get new pimples for a little while as the body will take some time to come back to normalcy, and so the skin.

Think why pimples come mostly from the age of 12/13 and usually till the person get married. Generally, after marriage pimples don't appear. Before marriage majority of boys in teens and twenties masturbate. Also, in almost all cases, pimples won't come until the person starts getting erection, because he cannot masturbate until and usually till 12 or 13 years of age.

Our body naturally starts getting more and more physical energies from puberty, but by masturbating at the same time, it creates conflict in our body, i.e. increasing strength naturally and also artificially decreasing strength by masturbating. *Where are we heading towards?*

Using creams and medicines to remove pimples

won't help and may have side-effects, unless one stops masturbating immediately and for a long time. Pimples mostly appear on face as facial skin is thinner and usually delicate than most of the body skin. Aging also shows up on face first than any other part of the body. It is just like all other skin problems that mostly show up on face though causes of each skin problem may be different. In modern terminology it is said to be due to the sebaceous glands on the face (One can also search on terms androgen and sebum). Once a person gets pimples, he won't be able to hide them easily. To simply stop worrying about pimples, just stop masturbation.

There are many intangible benefits also of having a smoother skin (with no masturbations). Vibrant and smooth skin attracts people. Everyone feel curious about the person with smooth skin, as if such a person got something more interesting than others have (as compared to less vibrant or pimpled skin[15]). So stop masturbation, get smooth and glowing[16] skin, free from pimples. If for nothing else, even if one stops masturbation to avoid pimples, then also he will get all the benefits that come from not doing masturbation.

Instant / pre-mature ejaculation

Medically, there are different reasons for pre-mature ejaculation, but too much masturbation is also one of the key reasons. Heavy masturbators eventually have thinner semen, even watery, and can ejaculate quickly without much effort. Some ejaculate just by having thoughts of sex in mind or with even little erection, or due to a rub of bed-sheet when sleeping, or rubbing the penis just 2-3 times or even with a touch of a woman. So no masturbation is the best as it will help prolong ejaculation for most men, with likely chances of maximum sexual satisfaction to both husband and wife, i.e. ability to foreplay until both reach orgasms, before ejaculation.

Annoying vein twitching

Within few days after masturbation, some people experience one or more veins sporadically vibrating / twitching (some call it muscle-stroke) anywhere in the body, be it in fingers, biceps, triceps, shoulders, legs, buttocks, testicles, penis, stomach and almost anywhere. Veins may vibrate at the same place anywhere from a few minutes to a few weeks. Repeat masturbations may make veins at other parts of the body to vibrate[17]. The twitching is usually not painful,

but it may annoy and distract again and again. Some may get it more often than others, some may not get it. The vein twitching (or muscle jerking) comes more when in teens, twenties, and thirties. Then the vibrations are lesser as all body parts may already have weakened by then, or the person has stopped or reduced the frequency of masturbation. Those having done too much masturbation earlier may get vein twitching even after a long time after they stopped masturbation. Sometimes, vein strokes may even come after nightfall / wet dream.

Weak digestive system

After mid-thirties or early forties instead of constipation, it can be the opposite. One may not be able to hold food for long in the stomach; it will pass on much quickly as the digestive system can become weaker due to lot of masturbations (semen ejaculations) since over two decades. The digestive system won't be able to absorb all the necessary ingredients in the blood and so the body will pass the food, lot of it, as-is. No matter how nutritious food a person eats or drinks he won't become stronger quickly and may take much longer to regain the energies, provided he stops semen ejaculations.

Body and mind prone to more diseases

A regular masturbator due to weakened body and mind makes himself prone and 'inviting' to more diseases as compared to non-masturbators. The body may not be able to resist slight change in weather conditions. Different individuals experience different problems after semen ejaculation. Some have instant headache that lasts anywhere from 30 minutes to a few hours. Some experience pain in knees, back, below navel, et al. With lower resistance due to masturbations various diseases and smaller problems can crop up in the body, which later on can become much larger.

Feeling restless and sleepless

Frequent masturbations can disturb the sound sleep. Mind may keep wavering and thus distracting continuously. Due to wavering mind the dreams also may not be crisp clear or brighter, and remain darker, disturbed, frequently changing and mixing into each other. Good dreams may show up rarely. The person may not get satisfied with his sleep. This may happen more from late thirties of age and onwards. Some always have natural sleep problem even since early

ages or some naturally get lots of sleep, which shouldn't be misunderstood as being a person masturbating regularly.

Burning penis and aching testicles

Some men apply lot of force and increase the pressure on penis when semen is coming out and even after that, till all the possible semen is ejaculated to push maximum semen out. They usually do it (often cluelessly) in a hope to add even more pleasure during ejaculation, but it ends up causing lot of strain on the penis. This finally causes the penis to have burning sensations internally, and testicles may also ache. Sometimes, even blood comes out of penis as the veins just had it too much beyond its capacity at that moment. Some even masturbate over three times, one after the other, as they just don't feel satisfied, they keep rubbing the penis till the pleasure goes beyond bearable limit. They probably aren't aware that there is no *once-and-for-all-get-it-done-and-away-with-it* kind of thing when it comes to penis and sexual desires, as it will keep coming back. Even pleasures have limits, anything beyond limit nobody can hold in mind or body. The burning sensations and the blood from penis then give hard time to the person. The

internal bleeding may even take its own time to heal and such person may not even be able to think or do sex, sometimes for weeks. Too much masturbation can also cause sporadic pains in testicles for a while.

There are many dreadful incidents that occur all the time as people don't understand about the limits of sex. A person needs to understand and control this unending pleasure.

Reduction in the force of semen ejaculation

When a person is young, the ejaculate may fall over a meter away and with good quantity. Such person's wife would feel blessed if he has not masturbated in his life before marriage. But when a person does a lot of masturbation the force of semen ejaculation can lower, semen quantity can be less, the impact will be low, the distance it throws is low, and the thickness is low. *More the quantity, thicker and stickier the semen, happier the wife.*

Feeling empty inside

After the age of thirties, due to earlier masturbations and continued frequent semen

ejaculations some may feel ‘emptiness’ inside testicles and penis. This continues until body gets time to regenerate enough semen and sperms to ‘fill-up’. The feeling of ‘emptiness inside’ is generally and constantly uncomforting.

Reduced metabolism

Metabolism doesn’t just lower due to the progressing age but masturbation also negatively impacts it. One can research more on metabolism through Internet or books to know how important it is for a human body. Though one may not find much on direct relation between masturbation and metabolism but information on metabolism may help understand why one shouldn’t masturbate.

Problems in urination

There are different reasons science explains about delay in urination that many people complain about, but one of the key reasons is the excessive masturbation. Even though the bladder may be full and the person will feel the urge to urinate immediately, but as soon as he goes for urination, it will take some time before the urine releases and that too after putting efforts and concentrating on it. This

seems to be happening to people between the age of late twenties and thirties. After the age of thirties, and those having done lot of masturbation (or when having other medical reasons), it may turn the opposite and urge to urinate may happen more often than before, and the urine will pass very quickly, and it may not possible to control or hold it either for a while.

During urination, one may also get burning sensations. The testicles may also ache when there's an urge to urinate. Once the urine is passed finally, the person will then feel totally relieved and relaxed. Burning sensation may last for long and take a while to settle even after masturbation is stopped completely for weeks or months. So don't make the life suffer in many such ways by masturbating.

Sickness recovery time is longer

Lot of masturbation earlier can prolong the sickness recovery time. The person may not realize this and keep consuming medicines for his recovery. The medicines can also take longer time to help recover or the person may have to take even more or stronger medicines. When a person is young he has higher resistance and quicker recovery time, but as the age

progresses recovery takes progressively longer with the progressing age. Lack of long-lasted thick semen gradually corrodes the body, which can be felt when body stops working unlike earlier.

Spoiling the post marriage life

Amongst other reasons, one of the key reasons as already mentioned above for lower physical strength, lower semenability and erectile dysfunctions are due to lot of masturbation before marriage. One should never masturbate foolishly so much that it may spoil the marriage life later on. Semen is not ocean load in the body and is quite an expensive 'commodity' in the body. Remember, the post-marriage life usually is much longer than the bachelor life, and a husband has duties towards his wife. Masturbations may prove too costly causing sometimes irrecoverable damages to the marriage. Wife may not get satisfactory or 'complete' sexual experience (even orgasms), and the man may feel done with the rapid sex (as his penis is used to faster ejaculation and high sensitivity, making him reach orgasm very quickly). Such sex can be considered as mean and selfish to have himself satisfied and not bothered about the sexual satisfaction of his wife. A man needs to be able to give

his wife sufficient sex time, orgasmic sex, and for that, the first thing he needs to do is to stop masturbation completely.

In general, and not as a must, but married couples who are satisfied with each other sexually also (other than having the mutual support, understanding, love, etc. for each other) have more chances of making their life more fulfilling, happy, and complete in every aspect. Whereas, sexually unsatisfied couple can invite all sorts of grief, pain, fights, and other unhappiness in life. Such couples have more chances to have their times in life in troubles in many forms, unlike sexually satisfied couple who have more chances to feel happy and positive about overall life and have more chances to plan their life better.

Myth that masturbation will help gain weight

Some thin guys masturbate a lot specifically because they heard from their friends that masturbation helps gain weight. They feel they will look better by gaining weight. Though lot of masturbation can decrease the metabolism and the body may inflate a bit (with fat, not firm muscles) but

there are some who have masturbated a lot to gain weight, fruitlessly. Usual analysis and belief is that people gain weight after marriage (some say it is due to sex, and also due to increase in happiness-feelings that relieves their conscious or unconscious anxieties coming from being alone earlier, etc.). The same concept seems to have been considered thinking masturbation also helps gain weight[18]. In any case, to gain some kilos there are better ways instead of harmful masturbation.

Dullness in mind

Too much masturbation can lower a person's mental ability, speed of thoughts, attention ability, grasping power, and presence of mind. Too much masturbation can affect the knowledge achieved during early age (from kid to twenties), which may also start fading away. Gaining new knowledge and retaining it in mind or even performing the simple day-to-day activities can become more difficult due to lowered focus in mind. Semen helps concentrate for longer periods of time with more stability and focus. A person with lower semen may not be able to concentrate for long or even remember much. Certain meditation techniques can generate heat in the body

and a person with low semen may often lose temper, or adversely affect his mental and physical health as he can't concentrate for long. Semen naturally cools off the mind and the body.

Short-sighted belief that masturbation relieves stress

Now-a-days some people believe that masturbation relieves the stress and frustrations of day-to-day life. The momentary pleasure doesn't relieve or give freedom from worries / frustrations; they remain as-is or will soon come back, and may it makes worse. What a person further loses are the mental and physical abilities by masturbating. Do not expect masturbation as a way to relieve life's stresses[19]. Life's problems can be relieved through proper guidance, right thought process, positive attitude, getting involved in social / charitable causes (which gives lot of peace of mind naturally), taking time off and going to quiet and naturally beautiful places (that will rejuvenate the energies and give peaceful time to think through all that is happening in personal / student / professional life). Masturbation is not the solution or medicine to relieve stresses of life. Stresses can be of any form or from any one like

relationships, family, study, money, job, or just anything. One need to work on how to remove or lower the stress in each of the problem areas and build more understanding to life's various situations by viewing others' perspectives, having broadmindedness, looking things at the big-picture level, etc. Masturbation infact can eventually cause more stress on mind and body.

Myth that masturbation gives sound sleep

Some say masturbating before going to bed gives sound sleep. It is not really a sound sleep, but a tired sleep as the body now tries to recover the lost strength and that is why a person falls *tired-asleep*. It can be noticed that if masturbation is not done (and no nightfall and no sex) for a long while (several weeks to months at least) then such person will get less tired, may get the required energies even from lesser food intake than he would normally eat, get an easy and sound sleep, can get up easily in the morning, and the body won't feel stiff when getting back up. If masturbated before sleep, it can be difficult to wake up in the morning and a person needs to put in a lot of efforts to get out of the bed.

Frequent nightfalls / wet dreams

Too much masturbation can also lead to frequent nightfalls / wet dreams. Read on it in detail in the chapter '*Reasons for nightfall and how to avoid it*'.

Elevated desperation to have sex

When a person is masturbating, a movie celebrity woman, or a female classmate, colleague, neighbor, etc. can reappear in the mind and the feelings towards such a woman can go to extreme and the masturbator will want her right then and there, at that very moment, which obviously doesn't happen (can't say about unimaginable teleportability in future). Some feel relieved after ejaculation and may forget the need of the reappeared woman-in-thoughts, some feel repented of desiring any such woman, but some feel that such a woman-in-thoughts is required by him by any means. Some feel so hopeless and also get so desperate that they just want to 'get it done' (sex) till the end, i.e. to its completeness with just any woman. They may unfortunately even look for a hunt. That is one of the terrible and highly risky anti-social effects happening during and after masturbation on to the mind of a person.

Odor of the semen

The odor of the semen is what lot of women likes. When a person masturbates a lot, the smell of semen also starts lowering gradually, since the necessary ingredients building the semen may also lower in its quality and proportions.

You don't want to make your wife unhappy in too many ways for sexual pleasures by doing too much masturbation before marriage. Sexual happiness is not just a part of marriage but also responsibility.

The stinking penis

Routine masturbations may make penis stink (even if regularly cleaned) that his wife wouldn't like. It can also lead to added accumulation of sticky and stinky substances (smegma) underneath the foreskin of the penis. Visiting a public toilet can become at times embarrassing as the stinky smell can immediately spread to the persons standing next. Some people carry toilet tissues when urinating and wipe-out the sticky substances either before or after urination. Those not masturbating at all or for prolonged times may get lesser smegma and the penis doesn't usually smell bad at all.

Natural body smell starts disappearing

Women like the natural body smell of men (as men like the body smell of women), but provided, the body is full of long lasted semen. The smell from the body is obviously not of semen. Those who masturbate a lot, lose that good and natural body smell, making it feel adulterated or give mixed feelings, which women won't like. The smell can even 'denote' the type of person he may be. His character, thought process, knowledge, etc. can be revealed, and that's for a 'knowledgeable ones' to understand and is a different science.

Itching on testicles

Some people who masturbate often may get itching on testicles. There are some boys who unknowingly start scratching their testicles when there are others around, even girls, by holding it with the pants. Embarrassing and disrespectful it may look, but they are so used to it that without realizing they keep doing it. Girls get dumbstruck and astonished, and keep looking at it thinking what exactly the boy is doing there. The point is, do not itch the testicles ever, resist it and let it go by itself or just apply a doctor recommended cream. Also remember, itching too

much may also unintentionally hurt testicles in any manner. Itching on testicles may also come if not cleaned well or not wearing fresh underwear or wearing a wet one or due to any infections, etc. medical reasons.

Itching on facial skin

After masturbation, itching sensations usually appear on face. Itching may also come after a day or two of masturbation. Once a person starts scratching the spot where the itch is occurring, the sensation will most likely increase instead of subsiding. It may momentarily subside but may come back, and even harder. Some people do so much itching and out of control that the skin (and later the pimples) breaks and blood come out. This practice may also lead some pimples or spots to stay permanently on the face. There is another misconception about itching that – '*one must itch / scratch the skin when itching sensations come*'. This is incorrect. Itching sensation happen only when there is disturbance in the natural process of the body, whether due to internal (within body, e.g. food) or external factors (insects, weather, skin exposures, etc.). When a person itches, it brings more blood there and adulterates it further, and

generates more poison in and around that area of the body. It negatively impacts the body. A person needs to instead control the itching and let it release / subside on itself after a while. Body will naturally do its job of removing negativities / adulteration unless interrupted (at least in such cases). When a person controls itching, the sensations can increase for a short duration and even reach to its peak, sometimes uncontrollable, but those exceptionally few who do not itch and control themselves even at this stage get the real benefit, because the adulteration is not increased in their body. This may help lower the number of pimples as well.

A single masturbation can cause itching at multiple spots at the same time and can come multiple times for many days. *More the masturbations, more the itching sensations*. Sometimes, it keeps coming back for long time making it finally irritating. Everyone is so used to scratching the itching spot since childhood that one will unknowingly keep doing it wherever itching comes anywhere on the body. It has become an unconscious effort. A few minutes of control can give a person many benefits. Many a times, scratching leads to even more itching and going deeper

into the skin, then the person end up going out of control and will keep scratching, only to suffer more later.

This is another example of where most people think otherwise but is known only to a few that itching needs to be resisted, and not itched / scratched.

Try it out[20] by not scratching the itching spot, and you will feel far better later (for any itching, not just due to masturbation), When having sex with wife, pimples or itching either may not appear or will be lesser.

Know-this: Scientific and medical studies never talked about the itching sensations due to masturbation, but mention the root cause of itching being skin infections, insect bites, stings, dry skin, sun exposure, infestations, etc.

Pores on facial skin

Pores are the after-effects of pimples that have lasted too long or if a person masturbated too much in early ages. Pores, for that reason usually appear on the

face at a later stage (usually from late twenties), if masturbation is not stopped early. Pores obviously don't look good on face and they make the person look darker than he actually is as the light does not reflect back enough from the skin. Pores also accumulate dust, and the person has to do more skin cleansing and care. The shine and beauty of the face lowers due to pores. Once masturbation is completely stopped for a long period of time, the body tries to automatically fill the pores and make the entire facial skin even, and thus gradually bring the smoothness and the shine back. A few men I know who used to have many pimples during their teenage, and then had many pores in their late twenties and thirties, now have stopped semen ejaculation (except some nightfalls) in their forties and they don't have any pimples or pores but only a bit uneven skin.

Rough skin

Masturbation extracts away all the goodness of the skin, making the skin rough. When a person is below forties, and he stops masturbation completely, his body may bring back the same young skin as it was in his late twenties or early thirties, which obviously everyone likes. Due to roughness also the skin can

appear darker, though many people may have rough skin naturally or genetically. Amongst other reasons for rough skin also includes the quality of food intake, the harsh and hot weather conditions lived in, or harsh physical work, etc. Dust and pollution becomes a factor when one doesn't take care of the skin (i.e. washing face several times a day, or using suitable creams, etc.). So, all rough skins should not be misunderstood as an effect of masturbation.

Only the 'knowledgeable ones' know how to find who is masturbating and how much, and who is not.

Know-this: Men like soft body with smooth skin on women, and similarly women like hard body with smooth skin[21] on men. Smoothness being common that both need, and comes only with the retention of semen for a long period of time.

Unleveled skin

Masturbating a lot from puberty to late twenties and thirties harm the skin so much that even if masturbation is completely stopped, it may take years to get the smooth skin back .Until then and in around forties / fifties the skin may look a bit unleveled.

Sometimes fresh, sometimes dull skin

Skin may appear sometimes fresh and glowing, or sometimes tired, dull and darker due to routine masturbations. Long lasted semen keeps the skin vibrant all day. Generally, the skin looks fresh in the morning, but starts getting dull and looks tired from noon onwards. People sometimes appreciate a person for his fresh and glowing skin, but the very next day the same people without saying anything may look at him and wonder, about his tired, dull, darker and rougher skin. The reason is when a person is young and masturbates the skin may instead glow for the first one or two days, and then it will start fading away to become darker. Once a person grows older and if he ejaculates, the skin may become darker on the very same or next day, as the semen re-generation ability may lower a lot by then. Since semen takes longer to regenerate with age, so smoothness also takes much longer to be back on the skin.

Irritations on cheeks

Some men don't apply aftershave lotion as it causes lot of irritation and burning sensations. They may have rough skin (may be due to masturbations)

that causes more number of minute cuts on the skin when shaving. Smoother skin gets lesser cuts on the facial skin while shaving[22].

Loosened muscles and feeling giddy

Semen helps keep the muscles firm; it holds them well and provides strength. Masturbation will extract essentials from muscles and gradually they won't remain as firm and will have lower strength. Shoulders are one of the key strength areas in the body. If one feels strengthless in shoulders he may feel strengthless and giddy in entire body. After masturbation, some people immediately feel giddy, drained-out, and that their energy being lost.

Becoming older than age

Semen provides all the needed energies since birth and helps keep a person fit, healthy, young, and keeps the body and the skin firm. Lack of semen also leads to lack of youthfulness, which in turn cannot keep the body and the skin firm[23]. Masturbation makes the entire body gradually loosen. Graying may also become faster due to the follow-up effect of this 'chain reaction'. As semen is one of the key ingredients from skin to innermost part of the body, so when

semen is ejaculated too many times, a person is actually progressing his age faster. The person may feel older and tired than he should be at that age, by both mind and body. Modern science disregards this as of now.

With age, the natural body strength keeps reducing gradually, but when a person masturbates he doubles or even multiplies the reduction in strength that otherwise should have happened at its own pace with natural age progression. The body will also feel added stiffness. Those who don't masturbate or don't do lot of sex will have far more chances of having flexible body than those ejaculating semen often.

Masturbation addiction

Like drugs, smoking and alcoholic drinks, masturbation can make a person addicted to it. As the veins in penis remain 'active' for about two days after masturbation, it will seduce the mind and keep attracting for re-masturbation. If a person understands this behavior of the penis and controls the urge for the next 48 hours (i.e. let it pass by itself) then it will release, relax and settle-down its sexual activeness and be back to normal. If a person keeps

masturbating again within every 48 hours then he can be termed as a masturbation addict. One of the reasons masturbation addicts cannot control it is because they do not have the required knowledge about the terrible aftereffects. And how would they realize when the world is speaking of masturbation as a healthy activity? Masturbation addict can spoil his and his wife's sexual happiness. A masturbation addict can add troubles in his life in many different ways based on his life's collective circumstances.

The root cause of various diseases

Many say that food and water are the root cause of most diseases (and also constipation as per Ayurveda). Though that's certainly true, but let's go to a step deeper now. Pre-existing science also says that most diseases occur due to sex and masturbation, because it directly lowers a person's metabolism, resistance power, corrupts digestive system, lowers in-built self-defense mechanism of body and mind, disturbs natural body processes, removes essential elements, reduces withstanding abilities to weather and food impurities, etc. thus making a person weak in every possible way[24]. Further, the sickness increases due to irregularity in life, improper sleep, wavering thought

process, stress, various unhappiness around in the world, relationships, job related problems, etc.

This is in-general and not about diseases caused due to any other reasons, genetic, hereditary or since birth, etc. The theory here implies the diseases that are 'created' or 'developed' by a person eventually in life after adulthood due to loss of semen along with lifestyle issues. Masturbation causes imbalance in the proportion of the five fundamental or key elements[25] of the body of which we are made up of (i.e. earth, fire, water, air, and space), thus causing diseases in the body. Long-lasted semen in the body helps develop more defensive powers from other causes of diseases, i.e., weather, food, etc. though does not completely stops.

To explain that using another example, would anyone like gold mixed with sand, stones and other Earthly elements, or would it be nice to have 24 karat pure gold? How is such pure gold extracted from the 'adulterated' state, i.e. when all the different elements are mixed in Earth, i.e. mines? Can jewelry be made with such sand or does that become highly precious, beautiful, and lustrous and with excellent element

properties? Or is gold required for that? Similarly, when semen and sperms are retained in the body as-is for very long time, it helps purify and balance all the five key elements in the body, thus strengthening each element in the body, make it shine, and keep it disease-free. Masturbation 'adulterates' the 'adults' body and hinders in the body's natural cycle, causing varied health problems.

Lowered 'full-of-life' elements

Other than some of the disadvantages and ill-effects mentioned here, there are many more. Masturbation basically starts lowering a person's 'full-of-life' elements (i.e. vital force of life, and from where the term 'vitality' derives) that exist in almost each person. Losing the 'life-juice' may gradually make the person feel like losing both the material and spiritual happiness in life. Such person may start getting uninterested in anything or try to find ill-legitimate, immoral, odd, or unmindful ways to make him feel complete, but without much success. Draining of the visible and the invisible energies in the body make the person lose all forms of vigor. Many face such situation at a later age depending upon a person's natural (genetic) physical and mental strengths, and other

circumstances.

Effects on the seven chakras

One more thing to touch upon briefly is the negative effects on the seven chakras[26] in the body due to semen ejaculations. Sexual energies are ‘stored’ in the second lowermost chakra. The two lowermost chakras are the foundational points of energy in the body. Unless the two base chakras are in ‘good health’, all the other five chakras above them can’t remain in good health, thus causing various mental and physical imbalances in the body, i.e. diseases. Once semen is ejaculated it weakens all the energy centers (chakras) in the body from the lowermost to the uppermost. Once these energy centers are weakened, they can’t withstand or would ‘invite’ various negative effects in the body. The stronger the chakras are (through semen retention), more the ability in mind and body, creating *cyclic-progressive-positive* effects on the body. The chakras progressively enhance and strengthen from lowermost to the uppermost, denoting the energies naturally flow upwards, unless the purification and progression is broken anytime through any means (semen ejaculation just being one of them). Sexual energies being in the second lowermost chakra itself

tell that unless sexual energies are preserved well (and channelized into positive and productive works of life), the upper chakras can't function well.

The names of the seven chakras in sequence starting from the lowermost are – *muladhara* (root), *svadhisthana* (sacral), *manipura* (navel), *anahata* (heart), *vishuddha* (throat), *aagnya* (third-eye), *sahasrara* (crown). Learning in detail about these chakras will also help one understand why masturbation shouldn't be done, and why only controlled and regulated sex in entire life need to be followed. One can find lot of details on this important topic (the seven chakras) through various old and modern books, and websites.

Too much sweating

Regular masturbators have chances of increased sweating than those rarely masturbating or not at all. Such person may end up spending too much in skin care, use deodorants, etc. (and that may be unhealthy also for skin in long run). Instead of that, if one stops masturbating, then the body may naturally sweat lesser. Though sweating occurs to different people at different proportion and due to different physical and

geographical reasons, but those who don't masturbate will sweat less naturally and is a very healthy sign. Many say sweat should come out of the body[27], which is correct, but those having semen-full unmasturbated body anyways won't need to sweat so much as they may have lesser toxins in their body (as a general rule). Another reason for low sweating is because unmasturbated bodies (or rare masturbators) usually won't feel lot of heat or cold. Their bodies are generally and naturally more resistant to anything and everything in weather changes and gets adapted quickly.

Blood may become thin

Some believe that too much masturbation may eventually make the blood thin like red color water, which may also make the entire body and mind weaker. Thinner blood may cause different problems in the body. This is considered by some based on the understanding that white blood cells are part of or connected to semen. Blood donation by such person can make him immediately weak, and recovering his body strength can be longer, unlike a person with full of long-lasted semen who usually won't feel much anything after blood donation, as his blood should also

be having the right thickness, giving him the ability to hold the body better. Also, thin water-like blood may not benefit the patients as much as otherwise it should.

Reduced ability to remain positive

To be happy, healthy, and successful, positivity is a must but too much ejaculation lowers the ability of a person to come out from any existing negativity. There are many books available on advantages and disadvantages of being positive and negative respectively to refer from.

Loss of semen

If a person masturbates way too much, there may come a time (usually at later age) that even if he gets erection he may not ejaculate any semen or barely anything, as he didn't give enough time to redevelop semen in the body. Finally, at one point of time it may stop generating or may take too long to generate enough to ejaculate. Don't just rely on the new medicines to keep the penis erected for longer period of time, let it get naturally erected simply by not masturbating. If a person doesn't masturbate ever in his lifetime (since 11-13 years of age) there are far

greater chances that he keeps getting erection till late age or for lifetime. A few years of early age (teens / twenties) masturbations can spoil the much longer and far more satisfying and beautiful sex life ahead.

Know this: Just like there are cases where men barely have any semen left in the body, but still get erection, similarly, there are some cases where men are full of semen but do not get erections. Better to meet sexologists.

Tertiary effects

There are many tertiary small effects of masturbation, e.g. after ejaculation one may spoil his cloths, his body, and other things with the sticky semen. Then he will waste so much of water, soap, electricity, etc. to clean himself, his cloths, bed-sheets, mattress, sofa, carpets, toilet papers, the floors or the walls, furniture, etc. anything, and spend so much of precious time of his life.

A person masturbates and does all sorts of related clean-up activity only to gradually destroy self, while falsely assuming that he is doing good by masturbating. Creating many lifestyle diseases is also

one of the side-effects of it.

Other points to consider

One need to know and understand that thinner or lower quantity of semen does not mean a person cannot become father, but it means all the ill-effects are there and any ill-effects may impact him anytime.

Let's remember that each person has different genetics, and some fall prey to some ill-effects sooner and some may not get till later age. Some are masturbating each day since over 25 years, and genetically / physically they must be extraordinary people (in terms of body's natural strengths). Most people won't have such strength and may suffer some or the other way while remaining unaware about the cause. One or more ill-effects may always be there on such people (including the ill-effects not mentioned in this book). They may even cluelessly blame others for their bad situations. Many will say that they have masturbated a lot in their life, enjoyed it, had lot of sex and are very successful in their life in every way. Well, probably they never understood and channelized their inner strengths in such way that would have brought them extraordinary things in life never imagined.

Though they may feel happy and satisfied by whatever they have now. Generally, people may become sufferer sooner or later, in some or the other way.

This book does not say that root cause of all mental and physical problems is semen ejaculation. There are many people born weak or have deficiencies of any essential elements (even vitamins, proteins) from birth or childhood or developed at later age due to different reasons, or there are many who have hereditary, genetic / DNA issues. But also, there are too many people who 'create' both mental and physical problems in their life due to masturbation.

Some don't get erection and that does not mean they don't have semen in their body, but because they don't feel aroused or have sex in their mind at first. Someone rightly said that *sex or ability to get erection is more in mind than in penis*. A person need to feel sex in his mind, and erection should generally happen on itself. This is not to contradict the purpose of this book, but it is to help understand those having this problem or may get misunderstood as if they don't have semen in their body.

Some people may say whatever the ill-effects of masturbation or frequent sex is they want to keep doing it as they get pleasure or they don't care of such theories. So, the choice is entirely that of each individual's own. Just like no matter how much ill-effects of smoking and drinking are known but most habitual smokers and drinkers are unable to stop it and they keep smoking and drinking, similarly, it is a difficult task to stop masturbation, specifically for the habitual ones. But it is certainly not as difficult to stop as other addictions of drugs, smoking, and drinking. Even if a person stops masturbation completely, the sexual urge is natural and anyways will keep coming whether a person masturbates or not, so that time it will be even more challenging. During day time sexual urges usually doesn't come a lot in mind to most people. *Night drives people crazy in various ways, including for sex.*

Now-a-days, many sex consultants suggest releasing sexual desires by indulging in sex. It leads to so many issues in today's world. They also suggest masturbating or even having sex with anyone (known or unknown people, though adequate protections are always recommended by them at the same time).

Older sciences say not to masturbate and not to control it either, but instead just let those moments of sexual urge pass by itself. When the sexual desire reaches its peak, it will start going down again, and in sometime it will disappear. A person need to catch this moment to gain inner-strengths that will get generated at that point of time, which is physical, mental, and even beyond that. Though it's not going to happen by not masturbating just once, but takes a long time. And every time of not masturbating keeps adding progressively increasing strengths. Other option is to get busy in other activities, and let those moments of sexual desire pass by diverting the attention.

It is not just about what a person cares or does not care about such pre-existing and modern sciences, but by gaining the right knowledge one will automatically understand and feel satisfied, contained, peaceful and complete within, and won't indulge in doing masturbation, and do much more in life in every aspect. A person needs to be totally in his own control specifically for things like masturbation and other addictions.

Not masturbation or anything else, but only

knowledge can help overcome the hurdles, and untie the haywires of life.

Masturbation process is somewhat like the black holes in the galaxies. Once an object comes close to the magnetic field of a black hole, the object gradually starts getting pulled in to the black hole. Then, the speed keeps increasing progressively and finally there's so much speed, force and controlling power that it cannot be stopped. The impact is then huge and the entire object gets gulped with absolute crushing force, finally losing the entire identity. Another way to describe masturbation is like a "*honey coated sword*", which means that a person feels good initially for an extremely short span of time when he is licking honey that's coated on a sword, but before he realizes, the sword cuts his tongue off. This proverb is used as metaphor in such situations to explain the dangers and losses of thinking something to be right from the above but is terrible beneath.

Even if one has masturbated a lot, or is doing it, then he don't need to feel bad, there's usually always time to recover back the lost semen and the energies, if not all, by just stopping masturbation and try not to let

Even if one has masturbated a lot, or is doing it, then he don't need to feel bad, there's usually always time to recover back the lost semen and the energies, if not all, by just stopping masturbation and try not to let semen go out of the body. Unless one is already too old or having any such problem that stops him from recovery. Other than stopping masturbation one also need to follow guidelines and learn techniques from sexologists on how to prevent premature ejaculation.

Whenever a person has any mental or physical problems, the very first thing he need to do is stop masturbation. Then use treatments, therapies, as the case may be or as required / recommended by his medical consultant / practitioner.

5. Reasons that tempt or lead to masturbation

Penis has too many ways to get one attracted to it, then tempt for masturbation, and finally ejaculate semen.

What was considered as shameful information earlier, has now unfortunately become acceptable and common knowledge – *Men masturbate far more than women*. It is said by some that men seem to anyways have general tendency to degrade themselves before women many times and in many ways, masturbation being one of them. Some men don't like to personally arouse genital organs (masturbation), but may still occasionally happen. Though there are many reasons, but let's see some of the common ones that tempt a person to masturbate, more so now-a-days than ever before till the known history.

Hormonal Effect / Natural

Almost all boys start getting erections naturally from the age of 11/12/13, without him doing anything

to it. A boy may feel unusual about it initially as if it is happening only to him[28] (if he hasn't already got knowledge from others). But erection and ejaculation is not unique and it happens to almost all men on Earth. Once a boy touches or holds such erect penis and may unintentionally and incuriously starts rubbing it, he may end up masturbating and thence naturally feel tempted to masturbate again as he felt pleasure in doing that.

Erections are natural[29] and at that time don't get crazy over it, don't fancy it, or touch it and don't even look at it. Let the penis bring itself down to its normal position, even if it takes a while. During erected position it can try to drive a person nuts the most. A single look at it or a touch can progressively call for an almost unstoppable event. Eventually, it may even get a person addicted to masturbation. So when nature erects the penis, it is not asking to masturbate, so do not assume that. Infact when a person holds the desire to masturbate, it generates mental and physical strengths in him. So don't masturbate[30] regardless of any hour of day or night.

Increase in the world-wide nudity

Nudity has become very debatable issue world-wide. It has become an individual and personal choice, governmental rules, culture, etc. that defines how much nudity is ok with them. So that topic is out of purview here, but we will only briefly see the possible impact of nudity on masturbation. Also, nudity here doesn't refer being totally nude exposing full body, but it refers to exposing even the partial body and revealing the body in a way considered sexual. Nudity (whether partial or complete) is not just on beaches any more, but everywhere, viz. movies, TV, newspapers, magazines, product advertisements, billboards, streets, malls, gardens, and almost everywhere on the Earth one can think or not think of. *Nudity has taken over the world in many ways.*

Even if a person does not masturbate, but if he keeps seeing nudity everywhere, then also consciously or unconsciously his body naturally reacts to the nudity he is watching, even when doing nothing to his penis. When a person sees sexy photos, videos, or live person who are half or full naked or in sexy dress, sexy pose or revealing cloths, it directly impacts his mind and body and so penis. His penis can start getting slightly erected just by looking[31] at sexy / nude

woman. Then, he may desire sex as it affects his penis and mind. If he doesn't see nudity, he may not get sexual thoughts as often, would remain busy in other activities, and save himself from at least those many masturbations that may have enticed him due to nudity.

On seeing nudity, the rule of magnetism activates – *Opposites attract*. The focus of mind unknowingly shifts to the penis that has started the pleasure-feel. If any sexual act is started at that time, then it will 'ask' to complete till the end, i.e. ejaculation. If a person sees nudity or sexiness often and in different ways, it can also lead to nightfall. This happens as the semen can start gradually 'melting' each time a person sees nudity and get slightly aroused that may not be noticeable. Sometimes, a person may notice colorless and watery thin liquid (pre-ejaculation fluid) coming out of the penis in very small quantity and making the head and foreskin around the head of the penis wet. When there's enough 'dilution' of semen like this, for many times in several days or weeks, then finally at one point the semen will get ejaculated in sleep (nightfall).

When a person sees nudity it makes him crave, it makes him feel incomplete within self, even though from outside he may feel like enjoying, but within, it will make him slowly unstable, desirous, and wanting the women who aren't his, or wanting similar to what he sees. Desiring something that is never going to be his can lead him to try pounce over a vulnerable girl or stalk some girl or make plans to commit a sex crime to make him feel 'complete' for the incompleteness that came from viewing such 'shapes' through nudity along with the beauty of such women that he doesn't have or 'possess' in his life.

Nudity 'generates' desires in a person for what he sees. If nudity isn't around him he may not even think of it as his eyes and mind remain focused onto other things in life. Nudity distracts and disturbs the mind and the body and takes one away from the natural aims of life.

Perform this one test on yourself – When you see nudity try to focus on your penis how it reacts. Not soon, but eventually you will understand how looking at sexiness or even thinking of sex activates the veins in the penis with the pleasure sensations in it (even

before erection). That then gradually increases and finally tempts one to masturbate, or to have sex, or leads to nightfall. So whenever you see nudity if you want to control the senses, then focus on the penis and make yourself understand what gradually you are heading towards and it will help a bit in avoiding masturbation, sex, or nightfall, as it will bring awareness. Then shift focus on to other things. Some people have very sensitive penis that it immediately releases colorless watery substance (pre-ejaculation liquid) on seeing nudity, and some even get burning sensation on the head of the penis very soon. A person may not be able to change the (nude) world, but one need to change himself in order to protect his semen. No one else can do that for him but just the person himself, with his willpower, right knowledge and understanding. *Just think that's how the world is and get back to productive work of life for your good*.

Many researches prove that watching porn on Internet, movie, video, etc. is not good as it negatively affects brain, may make a person anti-social, can lower his interest in post-marriage natural sex life or create imbalance in him or develop unnatural or unusual sexual desires, etc. So if watching it on a screen

(laptop, TV, etc.) could be so bad, then it can sure impact men and women when they see sexy, revealing, semi- or full-nakedness live because men and women are dressing so less now-a-days. Governments want to put ban or restrictions on watching porn but not on viewing nakedness live on the streets, malls, at public places, etc. If porn on the screen affects brain then live nakedness must also be affecting somehow, because in either case, nakedness is common.

Stopping all this in today's world, where nudity now is in everyday life and almost everywhere, is difficult. There are too many people in the world now that say – 'what is the problem with nudity, sex, et al?' It is a matter of personal choice and perception of how anyone looks at the life in general, whether it's about nudity or anything else. This book is primarily on the ill-effects of masturbation and that's the only objective of any discussion.

Lonely living

More people are living alone now than ever before. Right from teenage, many boys and girls live separate from their parents, anywhere in the world, whether for studies or work. When people used to live

in joint families, with parents and siblings, they had all sort of support in day-to-day life. The chances of doing masturbation were lower as the mutual support and responsibilities towards each other would take precedence. That also lead to more *inner or subconscious happiness quotient* not requiring masturbation as otherwise would due to loneliness. There were near and dear ones around almost all the time in the home. The thought and need to masturbate was naturally lower. Now, living alone means more sex comes to mind. More masturbation is done by those who live by themselves (doesn't matter even if all bachelors are living together). Living with parents, siblings, cousins, etc. have too many other advantages other than curtailing masturbation or anything related to sex.

Late age marriages

While some people have longstanding tradition of late age marriages (e.g. in mid or late thirties), but otherwise as well more people now are getting married in late twenties and early thirties. It gives almost one-and-a-half to two decades of bachelorhood and that's a lot of time to resist masturbation for most people. Now people want to study more and settle well financially

before getting married. Of course nothing wrong with that, but late age marriages can incorporate many problems, e.g. lower sexual satisfaction, lesser time for each other, golden time of life already over, health issues, difficult pregnancies, sexual dysfunctions, more chances of sexual relations before marriage, etc. and may be many associated problems. We all are as if learning just how to make our own life more and more difficult with probably unclear definition and purpose of life now. Getting married when in early twenties to maximum mid-twenties is the time proven best age of marriage. Both man and woman get early on sexual satisfaction and can get more focused in life. Thus available years of masturbation are also much lesser and both have better sexual experiences with each other along with a healthier life. Many problems associated with later age marriage also disappear. This is more about how the world is changing, i.e. breaking the joint family and living separately, the need for higher education, specialization, tough competition, lifestyle changes, et al that is making us forget the fundamental social needs of we humans, which is leading finally to numerous problems, late age marriages being just one of them. But finally, the effect of that is a lot more masturbation. Historically, there

are more chances of happier life with marriage in early twenties, as younger people can adjust themselves to suit each other. But as the age progresses, the thinking pattern are so set, that a person doesn't remain flexible any more to change his/her thinking or the way he/she live the life.

Reading, seeing, thinking, listening, and talking about sex

Reading pornographic magazines, watching porn, thinking, listening and talking sex stories seduces a person and brings him closer to masturbate (happens most amongst teenagers as all this sounds new to them). Even just imagining about masturbation can tempt for masturbation.

Masturbators teasing non-masturbators

Many youngsters start masturbating because other youngsters make fun of them if they aren't masturbating. Non-masturbators get panicked, confused and worry about what masturbators will say. Do not masturbate thinking what others will say. There are many bad things in life, but one need to do what is right regardless of what others think. Sooner or later everyone realizes at some point of time. Be in the

company of non-masturbators and discuss with them on this topic. That will give more will-power to not masturbate. Also, educate the masturbators if they are willing to listen and understand. Keep trying, some day they may realize.

More masturbation in undeveloped and developing countries

More number of people in undeveloped and developing countries don't have sufficient or easy avenues to get various material happiness, which otherwise are available in developed countries. Lack of various day-to-day facilities and basic living happiness, along with unsatisfied life make them do more masturbation. Poor people don't have much material pleasures of life and may lack good education. When they watch so much nudity and lust on TV, movies, etc. and don't fully understand the huge cultural differences, so a lot of them end up with masturbation. TV, movies, etc. are business and entertainment for some, but for so many, it is indirect increase in masturbations that doesn't get analyzed. *What one sees repeatedly is what gets recalled in mind often*. No wonder there are so many crimes related to sex in the undeveloped and developing

countries. They not only get tempted but even think of women as only objects of satisfaction.

In general, rich people tend to masturbate less[32] due to their lifestyle, culture, education, and much material happiness they possess. How can any or even the strictest rules of the world stop sex crimes when it needs total restructuring of a country's *public culture* and the lives of people? Every person need to save himself from the mistake of masturbation even if he is from an under-developed or developing country. A person needs to utilize his energies and focus on other better things to improve his and the near and dear ones' lives for a better and brighter future.

Dissatisfaction towards life in general

An unhappy and frustrated person masturbate in a hope that it will relieve the mental pressures and help forget bad things in life for some time, which some modern doctors also seem to be suggesting. As mentioned earlier masturbations do not remove the root cause of frustrations, but can put a person in health problems. So the frustrations of life may be of any form and the cure for that can be psychological help, counseling, one-to-one sessions with troubling

person (boss, spouse, sibling, friend, business associates, etc.) but instead, the cure some suggest, is masturbation. Just like some people take alcohol in a hope to get away from their life's problems, but does it help, or does it add more problems in life? So no matter whatever dissatisfactions are there, do not end-up with masturbation, it will only add more problems in life sooner or later.

Dissatisfied sexual pleasure with wife

It is one of the common reasons that if a person is not satisfied with his wife then he may masturbate. It is very difficult to say anything regarding this. It may be good that such person may not be going to other women for sexual satisfaction and avoid other set of problems that may come with it, but the workaround for that is neither masturbation nor other women; rather counseling with a sexologist may help resolve the issues. One shouldn't shy visiting a sexologist or at least may discuss first with the family doctor and follow his / her guidelines.

The snowball effect

Once a snowball gains momentum, it keeps gathering more and more snow and keeps growing

larger. It keeps getting more powerful and faster, and stopping it becomes less likely possible, until it breaks apart when it gets smashed with something strong or large. Similarly, once a person masturbates, it will ask him for more masturbation. With the increase in number of masturbations the mental and physical abilities to control the masturbation habit will also lower. Masturbation will only keep tempting the person for more masturbation. The only way out is to not masturbate. Once masturbation is completely stopped then one will gradually feel satisfied within self, and will have lot of peace and positive attitude towards life.

Some of the common reasons for masturbation temptation are listed in this chapter, so when any of these or other reasons comes forth, think consciously at that time that these are bound to happen to anyone. There are yet many more reasons for the temptations. A person needs to just bring himself out of it consciously instead of giving-in. The knowledge gained about various negative effects will help strengthen the confidence to avoid masturbation.

6. Reasons for nightfall and how to avoid it

Remember your parents, grandparents used to say to always be 'early in bed and early in morning', and also that, 'before going to sleep always think good, pray to god, sleep peacefully with positive thoughts'? After reading this chapter you will say – 'so after all what parents and grandparents used to say was not incorrect then.'

So what is nightfall and why does it happen? Nightfall means automatic semen ejaculation in sleep. Other terms used for it are 'wet dream', 'nocturnal emission', etc. Nightfall may happen to anyone starting usually from the age of 12/13 years.

Nightfall is just little less harmful than masturbation. In masturbation a person accelerates rubbing his penis at a high speed with lot of vigor causing more damage to the body. But in either case (or through mutual sex), semen goes out of the body, and more or just a little less, finally it is a loss.

Frequent nightfalls can be disastrous for a person. Modern theories give various reasons including that nightfall happens due to excessive semen / sperm build-up in the body or due to its natural process of discarding old sperms, etc. Some also say that nightfalls cannot be stopped.

First, there's nothing like excessive semen or sperm build-up in the body, it is usually the thought process that gets semen from all over the body closer to the penis, and which then 'throws' it out along with sperms. And, there are ways to avoid nightfalls and it's just a matter of finding them out. If nightfalls are the excess of sperms and semen in the body then why some men have frequent nightfalls and some have rarely. As it is believed that millions of sperms are developed on an average each day on a continuous basis by almost every man in his testicles, then where do all the zillions of sperms go of those who rarely have nightfall? Their testicles don't become from smaller than the size of a golf ball to say larger like a football. So there's nothing excess, but sperms are recycled within the body as a natural process to strengthen the body. So if this natural process is not happening, meaning if nightfalls are occurring then it

must be stopped.

Let's look at some of the key reasons and root causes of nightfall.

Key reasons for nightfall

Wavering mind

Nightfall may happen when a person has inconsistent or wavering thoughts specifically when going to sleep. The inconsistent thoughts most likely may continue in the sleep, and in effect the mind and body may not be able to handle it well. The unstable thoughts may finally lead to an ejaculation in sleep as a natural body mechanism. Inconsistency of thoughts may also happen if a person has a stressful day for any reason or if a person is too tired or frustrated with anything or anybody during the day or if a person does not have a set time to sleep or sleeps inconsistently too often.

A person having frequent nightfalls need to practice stabilizing and having consistency in his thought process before going off to sleep. It will automatically stop or lower the nightfalls. Try out

yourself.

Semen is watery thin

When semen is thin it has less resistance to hold within. In sleep, whatever a person is dreaming, at that time, or when the penis gets rubbed with sleepwear, bed sheet, etc. suddenly any type of sexual activity will get mixed up or a woman may appear in that dream from nowhere and even a sheer touch of her may lead to instant ejaculation. It is usually difficult to save such ejaculation at the last moment but not impossible (*see next chapter*). An instant nightfall is usually due to thinner semen.

Too much masturbation

Those doing too much masturbation end up weakening the penis and also don't give enough rest to it. As penis get so used to too much ejaculations, so even if the person stops masturbation for some time (may be a few weeks), still penis may keep ejaculating through nightfalls (usually once only on a given night), causing nightfalls to occur more often. But once a person stops masturbation completely, say for months (or years or forever), then gradually the penis gain strength, and on itself, the frequency of nightfalls can

start lowering. Nightfalls are usually the aftereffects of too many ejaculations earlier or where a person has low resistance or semenability naturally in the body or due to some medical conditions.

Seeing so much of nudity everywhere

We discussed this in the earlier chapter in detail. Basically, to avoid / lower nightfalls, avoid seeing nudity as much as possible.

Incorrect sleeping posture or due to clothing

Nightfall may also happen when mind and body are not able to adjust properly in the bed for any reason (be it due to bed or a new place). A nice, cozy, and clean bed[33] (mattress) that can give sound sleep helps lower the number of nightfalls as it relaxes mind and body better as soon as a person lies down on it. Due to higher blood circulation in the penis while asleep, it usually gets erected, then any of the below reasons may lead a person end up with a nightfall,

1. Improper sleeping posture making cloths, bedsheet, etc. rub the penis.
2. The person moves too much or keeps changing positions.

3. Sleeping on stomach may excite penis due to rubs and pressure.
4. Sleeping on the back usually makes penis erect, which then gets rubbed with cloths, etc.
5. Penis tries to get fully erected but can't due to underwear, and thus gets rubbed up and down while attempting to get erected.
6. If a person does not have comfortable and enough sleeping area.

Don't wait for everything in life to be first scientifically proven, one can just try by simply sleeping peacefully each day, at the same time, and in proper posture, then see how much the body feels fresh in the morning and will have much fewer or seldom ever nightfalls. Nightfall may happen more often in thirties, than it used to happen at young age, because at young age it usually takes more time to ejaculate, due to the thickness of semen and more physical resistance power. But as the age progresses semen starts becoming thinner (based on how much a person has ejaculated since his teenage), the strength of body lowers, and penis can become weak and more sensitive.

Body temperature increases due to certain reasons

Nightfall may happen due to increase in body's temperature but due to only certain reasons, like doing meditations beyond limit than body can take or beyond what guru told to do, eating certain food items that cause sexual excitement or generate sex powers within, etc. Nightfalls generally don't happen because of rise in temperature due to fever or certain medications. Different forms of heat have different purpose or functions.

In today's world, when human civilization is going away from various truths, and into the unknown, uncharted, and wrong territories of life, practically, no one can hold semen in body for lifelong or even too long, and no one should forcefully stop it from going out (there are very few to have retained lifelong in the past and some still having almost retained since decades). But it is highly important to do two things, one, do not masturbate, and second, bring order in life to increase semen energy and so the 'ojus' to get all the benefits from it. Even if this much is done a person can transform his

entire life into magical moments.

How to stop or minimize having nightfalls

There are ways to avoid or at least minimize the nightfalls, and to avoid spoiling cloths, skin, bed sheets, mattress, and cleaning the body, etc. If a person can't clean because he didn't realize it or others are also in the same room sleeping, then a person need a face a probable embarrassment the next day morning on how to get these things cleaned, and to add these cloths into washing that someone may notice.

Let us see some of the ways that will help avoid or minimize nightfalls,

Think all the good things before sleep

Think all the good things of the day and think only better for the next day. This gives tonic to the brain and it feels relaxed, which then helps get better sleep and the body is relaxed too. Avoid uneven, negative, and disturbance in thought process completely when

going off to sleep. When going for sleep, don't think or visualize about nightfall happening in the sleep. Instead always think that nightfall won't happen. Simple positive thinking naturally creates huge benefits on mind and body.

Sleep sideways

The very first thing is to never sleep on the back or stomach (unless medically required for any reason). Always sleep on one of the sides[34], left or right as it suits. Sleep in the same posture all night as much as possible. It needs to be practiced and eventually will come, without the body feeling stiff or affecting the blood circulation. Keep the body nearly straight (i.e. only slightly curved). Do not fold body. Best is to take guidance from a sleep expert / consultant or a doctor on the best posture for you. Chances of having nightfall are less when sleeping on sides. One of the reasons for this is penis usually doesn't get erected as easily when lying on sides. Even if erected, it goes down to normal position easily and much quickly when penis is lying tilted during side sleeping position.

Wake up before nightfall happens

If a person practices his mind to remain active in

the sleep and he immediately wakes up before it's going to ejaculate, then he can save himself from nightfall. This is possible, and there are men who by willpower and practice wake up just before the nightfall and save their semen (and all the cleaning, etc.). A person can do that just by keeping a thought in mind before going to sleep that if nightfall is about to happen then he want to wake up before it happens (first thought is positive thinking that nightfall shouldn't happen, second thought before sleeping is wake up in case nightfall still is about to happen due to any reasons). By practice it will automatically come to a person. Mind works based on practice. This practice will mostly work and semen will be saved.

Wear langot / loincloth

This is one of the most powerful methods to stop nightfall. It is used in some countries since ages (and so no one can patent it). It is a true and live example to never underestimate the ancient concepts; they may be more powerful than today's. Langot is one such of them, and can even defy, to a great extent, the inconsistent thought process and inconsistent sleeping postures. Though a person need to wear it right, only in rare cases a person may still get nightfall and even

without full erection within langot. Wearing regular underwear may take two seconds, but wearing the traditional langot may take about a minute. It is worth spending little extra time as it will save one from all sorts of problems occurring due to semen ejaculation. One shouldn't get lazy ever in wearing langot no matter how much tired or frustrated, specifically for such kind of important activity. If nightfall happens, when one doesn't wear langot, then he anyways will spend a lot more time in cleaning, then trying to go to sleep again, and thus interrupt the sleep also. Wearing langot can save one from many ill-effects and unwanted things due to semen ejaculation. It is still used by many men before they go to sleep. It is the same langot that is also worn by many men before workout.

Langot has saved too many wetdreams / nocturnal emissions, and so can save yours too.

True story of a person having frequent nightfalls – "I had severe nightfall issue, it used to happen frequently, then I had cleaning hassle during the night or embarrassments the next day or trying to somehow hide it. I got to know about langot, and I

started wearing it continuously for six months. I didn't have a single nightfall since then. Now I wear langot only occasionally and still since over a year I don't have nightfall. I took no medicines or treatment or visited any doctor. It got resolved just because of langot. I now sleep peacefully than ever before and no cleaning, hiding, etc. And I feel better mentally and physically than I was may be years ago. All thanks to good-old langot."

Let's see all about the traditional langot / loincloth

How to get a 'langot'?

Langot is usually not available easily in the market. It is mostly custom stitched. Langot should be made from 100% cotton cloth to have air breathability. The most preferred color for langot used by most men is red. Some use blue, orange, or white as well.

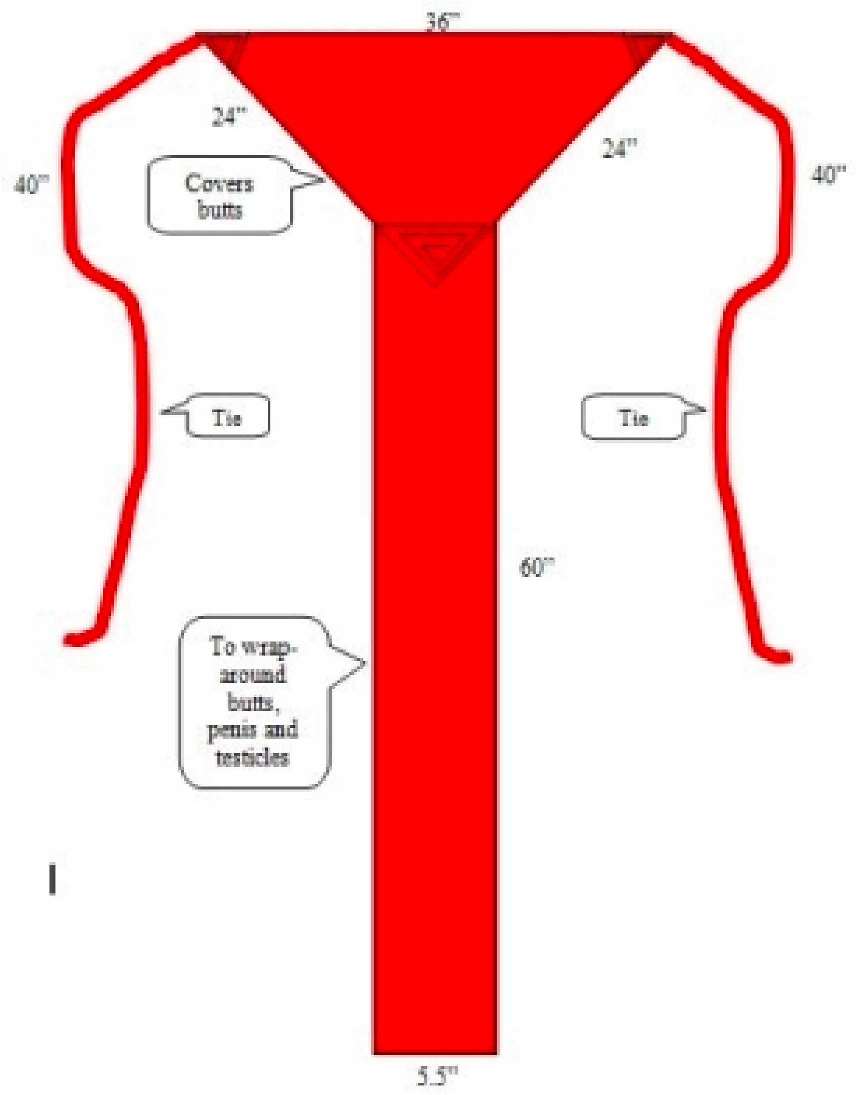
Cloth shouldn't be smooth, but just a little rough, as that will hold well and won't slip when tying. A sample and general measurement is given below for

ease that may be used. Generally, a langot fits most waist sizes. Other than waist, no other measurements are required as everything else in langot has a standard size. Other option is to check someone else's langot measurements (when it is washed clean and hygienic) and use that as the basis to get a new langot stitched. That will make the tailor's job easy as he can see a sample and stitch accordingly, if he hasn't stitched a langot earlier. One may also visit a local gym and ask a trainer or a gym goer who may know where to get a langot stitched.

Notes on the below illustration:

1. Triangle lines are stitches to join pieces of cloth.
2. Entire cloth border is fold-stitched on itself.
3. Measurements are shown in inches.
4. Measurements may change for each person.
5. Diagram not to scale.

This is how a typical langot looks like,



When to wear it?

A person need to wear langot usually and only during two activities, one, when going to gym, and other, when going to sleep[35]. Do not wear langot all day long. It is anyways not that quick and easy to wear or open. During day time, wear regular and right size underwear only. Right size underwear means not too tight and not too loose. Some men, who don't have to do any physical work, etc. or when at home don't wear underwear at all during day time (which may or may

not be ok for everyone depending upon each household culture and people around in the house). Free movement can also lead to faster erections when watching nudity on TV or in newspapers, magazines, etc., or at least pre-cum may start slowly coming out, unless this can be controlled well. The other best option is to wear one-size larger underwear during day-time. Testicles should never bounce or jump up and down. Any activity that can move testicles often, or of a sudden, giving a jerk can cause pain in testicles. One has to hold the testicles well when physically active or when heavy physical activity is involved like gym, or lifting heavy things, etc. Some men wear smaller and tighter size underwear during day time. It doesn't allow easy movement of sperms in testicles that's required for good health and so not recommended.

When wearing langot, do not overly tighten it. The testicles need just a little bit of space for 'breathing' or movement. If a person over tightens the langot giving no space for even slight movements then also without erection nightfall may happen. Usually, the important thing about langot is to avoid erection. Ejaculation mostly happens when penis are erect. Semen

ejaculation, when penis is in normal or half-erect position, rarely happens unless a person has very thin semen and the penis is very sensitive or weak or has erectile dysfunction or suffers from pre-mature ejaculation.

The objective of wearing langot is to avoid erection and rubbing of penis with other cloths in sleep. Don't wear the langot loose either; otherwise it won't serve the purpose of avoiding an erection. Langot need to have just the right tightness, enough on penis and little less on testicles. Wearing langot during sleep won't negatively impact the sperms. Wearing langot properly will come by practice (and patience). It is advisable to first learn it from someone who knows how to wear it (the one who knows can show how to wear directly on his trousers; he does not need to be nude to show how to wear it). Do not wear langot high on the stomach or tighten on the waist bones, so it neither creates any digestive problems nor does it hurt bones. So wear it between both. Also, wear underwear like always over the langot for the perfect fit, protection, and comfort you will feel.

Usually those suffering from nightfall 'disease'

should wear langot. If someone's having nightfall rarely, he may not need to wear langot. If one is having nightfall say more than once in six weeks, then such person should wear langot. Keep more than one langot, may be three or four. Keeping extra will help if the langot of the night earlier is in wash and has not dried yet. Get only one langot stitched first, try it out, then get other langots stitched based on if any changes in the measurements are required. Take langot along with you wherever you go overnight. If you are traveling in the night (e.g. in train), wear the langot then travel. If you are staying overnight at someone's place (e.g. relatives, friend, etc.) take langot with you and wear it before going to sleep. No matter where you go overnight or for several days, take at least one langot with you. If other male(s) comes to know about it, then don't worry, you know why it is used, so you can educate them. If a female comes to know of it, then also don't worry, just tell her it is a gym-wear or a man-thing. No matter what, just don't shy to either wear it (in private of course) or talk about it or to ignore what someone may otherwise say about it. Eventually, they may realize. You anyways don't want to spoil cloths in sleep just in case and lose your body's invaluable wealth. So it is always far better to wear

than not. Aftereffects of ejaculation are much more harmful than thinking what others may say.

How to urinate when wearing langot?

To go for urination in the middle of the night, opening the whole langot is fine but wearing back in half-sleep will be tedious. It is more difficult when feeling lazy, and if not worn again then it may risk for nightfall. A simple option is to slide the left hand thumb in the langot pushing the penis towards right and pull the langot cloth a bit forward, and then using right hand fingers grab and pull the penis towards right and out of the langot (or use left-side for left-handed). With practice you will be able to safely and easily do it. After urination, push penis back in the langot as it was earlier and adjust the langot properly using both hands. Just leave it then and you are ready to go back to sleep. A better option is to not drink any liquids 2-3 hours before going to sleep and also urinate just before sleep, so there may not be a need to go for urination anytime during the night. That will multiply the advantage as not eating or drinking 2-3 hours before sleep is anyways considered good for health by probably all medical sciences.

7. What to do if masturbation or nightfall occurs?

Losses can be minimized and recovered, with appropriate steps and due care.

Despite all precautions and no matter how much one tries to control or release sexual desires by getting involved in other activities, still at times one may unfortunately end up with masturbation or nightfall. What to do then? Ill-effects after ejaculation[36] are there to stay now for some time.

Instead of going through the ill-effects, there are some techniques and workarounds to lower some of the ill-effects if not totally remove them. *Compassion and treatment is better than suffering*. Using the techniques mentioned below, do not think that everyone's got a key now to keep masturbating. The effects of these techniques will also keep lowering and won't be able to save anyone from the ill-effects if a person keeps routinely masturbating, and the ill-effects will instead keep increasing proportionately

and no workarounds can help then. This chapter is dedicated just for the purpose of saving or lowering the negative effects from an unfortunate masturbation or nightfall that may have happened. These techniques, again, will work based on each individual's physical characteristics, some may benefit a lot from these techniques and some may benefit little or nothing. Some may benefit immediately, some may take longer time.

Let's see a few techniques now,

Drink sufficient water

Immediately after masturbation, for two days, keep drinking water as much as possible. If a person does not drink enough water after masturbation due to whatever may be valid reasons (e.g. when travelling), he may invite more ill-effects. The benefits, at a minimum, of drinking abundance of water will be that it will try avoiding constipation and correcting the overall digestive system. But before one starts consuming lot of water, ensure the following, at a minimum,

1. Ensure to not drink water above the acceptable limit, which is usually and up to a

maximum of 100 ounces per day (approximately three liters, some drink up to four liters daily). Most people don't even drink 100 ounces each day even though recommended by both pre-existing and modern sciences.

2. Ensure there's a toilet around to urinate as many times as one has to.

3. Check that you are allowed to drink that much water medically, e.g. if your doctor has restricted to some quantity of water only.

4. Drinking water means drinking only water and not any other hard or soft drinks. Any sugared drinks, soda drinks, or other digestive drinks may do more harm. Just drink good water, which is at room temperature or lukewarm, not cold and not hot.

5. Try drinking lukewarm (mildly warm) water each morning[37] after you get up. Germs developed in the mouth overnight are extremely good for health and digestive system. It is also said that after you wake-up in the morning, following things shouldn't be done before drinking water,

a. Do not look at others.
b. Do not look at yourself in the mirror.
c. Do not comb hairs (at the most settle hairs by palms).
d. Do not talk to anyone or even open your mouth.
e. Do not wash or splash water on your face.
f. Do not brush your teeth, or gargle the mouth or rinse.

Once you get up from bed, just go and drink two to four glasses of water[38] at the least and as per personal capacity or as medically recommended to you by your doctor (some people can drink up to two liters after waking-up), then do any other activity as required. When drinking, move-around the first couple of large sips of water everywhere in the mouth to rinse and then gulp it down. Then just drink the rest of the water like always. Do not drink too fast. At times you may go to the morning routine of nature's call first before drinking water due to high pressure then do not drink so much water afterwards, drink may be a glass or two. If you go only for urination first, then it is perfectly good to drink enough water, before again

visiting washroom to attend nature's call. The routine of drinking water first then going for nature's call will set on itself once used to it. Then again during the rest of the day consume medically recommended quantity of water. Unless very thirsty or for other reasons, do not drink over a glass of a water at a time during the rest of the day. Drink smaller portions at a time frequently all day, don't feel thirsty.

Do not scratch the facial skin and the testicles

Control the itching if you get after masturbation. Do not attempt or interfere by any other means like gently moving the fingers around the face or splashing water to subside itching or any other techniques. Some even get their testicles hurt by heavy itching. Let the tingling pass by itself.

Yogasans

See chapter 'Yogasans that help lower the negative-effects'

Push-ups

Push-ups and other gymnasium exercises will help build back the lost energies faster. A person won't

feel as dull as he would without any exercises. Push-ups are one of the most important exercises to regain lost energies. Other than gym, natural physical exercises are best that helps build lot of stamina, like mountain climbing, playing sports, etc. that doesn't have monotonous body movements.

Good diet

See chapter 'How to build good semen with proper food?'

Be self-encouraging and more confident

After semen is lost don't feel depressed, it can make things worse. Encourage yourself to follow the 'no masturbation' policy more rigorously and use the techniques mentioned to avoid nightfall. Don't let sex come to mind at least for 2-3 days after ejaculation. Be confident and everything will then change for good.

Sleep well and wake up early

One should sleep[39] as much possible for two days after masturbation to recover lost energies faster. Take at least 8 to 10 hours peaceful sleep if possible. Waking up early in the morning also makes the bones naturally stronger. Now-a-days, the night cultures have made

things opposite for the humans. People stay awake till late in the night (or all night), then wake up late in the morning or around noon, in turn making the bones weaker, and the mind and the body more disease prone, then to make it worse, so much of masturbations are done. To keep the body and mind healthier (right from the bone marrow to the skin), the first principle is to wake-up before sunrise (preferably anywhere between 04:00 AM to 06:00 AM local time) and utilize that time exercising, reading a good book, planning for the day, or take a walk, study, do yogasan, et al[40]. The key is to get out of the bed, and do productive work in sitting or standing position for better overall health and its super positive effect on the entire life.

Do not wear langot or underwear for two nights

To help testicles do its recovery work better and freely, do not wear langot or underwear (if feasible) for the next two nights. If there's complete privacy in the bedroom then do not even wear pajamas and just sleep naked. After two nights, start wearing the langot again.

8. How to protect semen and increase its strength?

When sexual urge come in the mind, do not surrender to it, let those moments pass, and soon feel the new power within.

There are various ways to protect one of the most invaluable wealth a man possesses, some important ones are,

Do not masturbate

Just do not masturbate no matter what. It is as simple as that. It probably does not require anything more to say. When the desire to masturbate arises, think of all the ill-effects it will bring, and make the will-power stronger, get involved in other activities. At that time, stop thinking, reading, discussing or watching anything sexy, and that will help stay away from masturbation. Meet friends, relatives or be with known people or go out on street for a walk or visit your favorite store to lower the sex urges. By not masturbating, it will increase the strength of semen (in

effect of mind and body) automatically. So, the long-lasted the semen is, more the strengths the person has. Not masturbating is simply the most important amongst all, obviously. Just try and see how awesome you will feel after not masturbating for at least 40 days. All other methods combined together cannot do much until one keeps masturbating.

In today's times, there may be a rarest few men who ejaculate semen only during the sexual intercourse with own wife.

Do not touch or see penis and testicles

Penis gets aroused even by touching or simply staring at it. Do not touch other than for cleaning during shower and urination, etc.). Do not stare at it ever without any medical or otherwise required reasons. Such small steps will help avoid masturbation and thus save semen. Do not see penis of any other person either even in videos, photos, public toilet, etc. for all the very same reasons.

Speed bath

Lot of people masturbates during bath. To avoid that, the best way is to take the shower as quickly as

possible. Though good and clean bathe is a must, but ensure to not play with the body, specifically with penis. A person will not just save time and water, but also save semen with it, because when a person takes speed bath the thought of masturbation usually won't come, as the focus is towards speed bath, as well as ensuring every part of the body is cleaned well. One doesn't need to generally look at all the body parts, specifically penis during bathe. Make speed bath a habit. Do not keep mirror in the bathroom to avoid any sexual thoughts or chances of masturbation after seeing yourself half or full nude. Though a person may clean the area underneath the foreskin of the penis every day, but then don't do anything else to it, don't take more time than required to clean it, don't rub it, and don't stare at it. Otherwise, at times, one may not even realize when he may end up with masturbation. Take shower using cold water as much as possible. One can research on Internet or books the various advantages of having shower with cold water (not icy cold, just regular tap or room temperature). During winters, use lukewarm water at the most.

Do not do more, do not do less, and do not do different than what is told to do. Doing only as much

recommended generally makes things go right.

Cool-off testicles

To calm sexual urges, and to have control over it to protect semen, pour cold water (colder than room temperature, not icy cold) on the testicles (and the penis). Pour cold water maximum up to a liter. Do not pour more than once or twice a day. Pouring at the end of the bath is the best time. Pour it slowly or do light splashes from the container directly, not all at once. Don't use hand-held shower jets and or any kind of high pressure water. Keep some cold water aside or drop some ice cubes[41] in a jug or some container. Do not pour more water or very cold water to over-cool the testicles as it may bounce back and may lead to erection instead, and thus attracting back to masturbate. Testicles have their own limit on how much it can cool in a short span of time. It may take about 10-20 seconds to pour about a liter of water. Try to cool it down again before going to sleep if possible. When pouring cold water on testicles one may feel good for the first few seconds, don't fall prey to it, otherwise it can attract back to masturbate instead. After few seconds it will automatically calm down. When pouring water do not look down at penis and

testicles. Just close the eyes then pour water, and pat-dry using towel, leave it, and forget it. Do not take too long to do it. These are one of the old ways that's still used by some people every day.

Testicles are also equally sensitive and can seduce, so don't rub, massage, or do anything else except cleaning.

Regularity, active, and busy life

One must always keep his life active. Dull and lazy life will create more ill-effects after masturbation. Active life will help regain the semen faster. Search on the Internet and various books on advantages of active life and its health benefits. Regularity is another key in maintaining stronger body and retaining semen in the body. Mind and body works as practiced, once a person is regular (wake-up time, work time, eating time, sleeping time, etc.) and does not masturbate, his mind and body will automatically work towards preserving semen in the body and not let it go out easily. Regularity also helps naturally avoid nightfalls. Also, keeping life totally busy in studies, work, sports, social service, and other hobbies will divert a person and may not even get time to think about

masturbation. Regular and active people are usually sharp in thinking and their overall life is well organized.

Regularity is another name of godliness. Try it out.

Prepare the mind

If nudity comes anywhere into eyesight, at that moment think what if nudity didn't exist at that place and time (e.g. magazines, newspapers, books, TV, beach, street, malls, etc.). Would sexual thoughts then come to mind? A moment ago you may be in your other thoughts, but the moment you see nudity, everything else is like forgotten. One of the ways to stay away from such disturbances is to immediately close what you are seeing or referring and think that because you saw it that's why now you desire it or are attracted to it. Until the time you didn't see it, nothing of that was required by you. So the desire that did not exist at that moment has been purposely made 'active' and 'generated' in mind. With increased nudity everywhere, such moments keep coming all the time now, making things even more difficult. Read this para again and keep practicing the mind and it will help a

lot.

Keep everything tidy

Keep your room, living area, kitchen and the entire home (and your office desk) neat and tidy. Just spend five minutes extra each day at least. Cleanliness around keeps the mind clear and clutter free. Things lying around create eye-sore, distracts and makes the person lose the focus every now and then. Try it out and see how all the positive energies start flowing in you from all the directions, and you will start feeling so energetic in your mind and body. This needs to be done not just in home and office but outside (public places, gardens, streets, etc.) also, by all the people and the governments to build great nations, by allowing the positive energies to generate, channelize, and move around freely. Unorganized, untidy, unclean surroundings and everything lying around messed-up creates negativities in an individual's life and in the nation. Homes that are totally cluttered and messed-up from inside have more negativity in it and also in the people living there. Tidy homes have a lot of positivity and in the people living in it. There are more chances of people living in tidy homes to have more peace and wealth. Leave as much free space as possible

in all directions in home, and don't do over-furniture also. Tidy individuals have increased will-power, they are more focused in life on what they want to achieve, and they either don't masturbate or far less. *So, be tidy and keep busy*.

Good food

See chapter "How to build good semen with proper food?"

Sleep well

As mentioned earlier, have an early, peaceful 7-8 hour sleep each night on time. Sleep in correct sleeping posture, without any disturbances in mind, and thinking only positive, to have well-maintained semen in the body.

Positive thinking all the time

Positive thoughts create positive aura/vibes that helps build good semen. There are many books and Internet web pages to talk about benefits of positive thinking. Positive thinking includes purity of mind. When the mind is pure and stable, it automatically retains semen and minimizes nightfalls.

Understand the urges

Many-a-times, even when a person wishes to protect semen, his mind may suddenly or randomly create temptation and sexual urges in him. This happens naturally more during the night time. Whenever this happens remember to let those moments pass-by itself and get busy with something else or play indoor sports or games at that moment or read something good and inspiring, or discuss on something with anyone at home. This should help settling sexual urge, and once these moments pass then the awesomeness within (one will realize it by practice). Let's once again also remember and remind ourselves that we never want to suppress and control the sexual urges but instead divert, channelize and release it by getting into other activities.

An upper echelon person knows how to divert, channelize, and release the urges even just by thoughts and without doing anything else for it.

Mental exercises

Now-a-days, mental exercises seem to have remained only for school children. Adults seem to be doing mostly physical exercises (walking, running,

gym, etc.). For adults there aren't probably much efforts or research about the need for mental exercises that each adult should do every day, to increase various mental abilities and concentration power of mind. In fact, we are doing the opposite now by transferring all the knowledge into computers and making they do all the work for us. *Chancy choices*. This is making our minds even duller. There are shopkeepers who use calculators to do math of 2 + 2 = 4, literally, just to ensure 2 + 2 indeed comes to 4. Until we do mental exercises in various forms available (mathematical, quizzes, mystery solutions, etc.) we are bound to lower our intelligence (IQ) gradually in the centuries to come.

Semen (and genes) does not need only physical fitness but also mental sharpness and it can come by practice only.

Live with parents, family, etc.

Living with parents has too many advantages than a person can think of. It's a bit cultural thing, but cultures are only in mind and they are adjusted in every geographic region based on times and needs of the ever changing world (whether man-made or

nature-made changes). Living with parents, siblings, etc. not only helps lower the desire to masturbate often that we saw earlier, it also has added advantages as below that all become supportive and fulfilling to each other,

1. Directly or indirectly it helps to be more powerful, both mentally and physically, due to all sorts of mutual support systems in place.

2. Parents spend their day and night raising children. They spend lot of time, efforts and money since the birth of their child till the child is grown up. Then, the child wants to leave parents at their old age when parents need their children's help in supporting them, for their both mental and physical health. Living with parents helps fulfill the duties towards them. It was their turn when children were born, now it is children's turn towards them when parents are old. It is mutual, it can't be one-sided. It helps both parents and the children as well. And it completes the nature's cycle of reciprocal responsibilities.

3. It will help save lots of money as parents, families and individuals don't have to maintain separate homes, etc. and other direct and indirect benefits like less consumption of various natural resources, electricity, wood, all household equipment, lowers and also slows the global warming, etc. (*save the Earth*).

This section is not meant to be an article on advantages about living with parents, joint families, etc. or to deviate from our main topic here, but it shows how it adds value and more happiness quotient to life in too many different ways other than indirectly helping protect semen.

Train / instruct your subconscious mind

A simple way out to stop masturbation is to keep instructing your mind that you don't want to masturbate any more. Keep passing the instructions to your subconscious mind like 'I don't need to do masturbation anymore and ever again' or 'Stop masturbation, it is not required by me' or 'Masturbation is harmful and a loss and I shouldn't do

it ever', etc. Once you keep telling yourself whenever a thought to masturbate comes to mind, eventually (and very soon) it will automatically help you stay away from masturbation. Pass the instructions positively to your mind and it will sure work.

Pouring and storing a natural ingredient inside testicles

This is a highly complicated process and is done without any surgeries. It needs an expert to do this. Based on the feedback from some people I have removed the name of the ingredient and the process on how to do it to avoid anyone trying to do it without an expert's help. This process is painful and takes hours to do. But once complete it protects semen for an extremely long period of time, thus giving the ability to generate immense strengths within such a person. Probably, very few daring ones were able to have done this sometime in past and those who did, probably wanted to maintain celibacy for life. The only reason it is mentioned here is just to let know that there are discoveries made to protect semen. If semen was to be ejaculated all the time then why would have such discoveries made at the first place? Think of it before thoughtlessly following various opposite

concepts going on now-a-days that say masturbation is good for health.

Keep reading books like this one

Reading this and any other similar books, repetitively, specifically when an urge to masturbate comes to mind or drives one crazy will bring peace in mind and release the masturbation urges without doing anything else. Simply open any page of this book at random and read it. In most cases it should help bring down the urges, and instead, it will give the knowledge that will open the mind and protect one from masturbation.

Some short-cuts to lower / eliminate the masturbation addiction

To control masturbation addiction, follow these simple ways,

1. Eat simple food, and less than how much you can eat.
2. Keep instructing your mind to stay away from masturbation.
3. Walk long distances every day.
4. Do not eat at all on certain days or skip evening meals when feasible.

5. Meditate standing, if possible, or sit straight.
6. Endure cold and hot weathers as much as feasible.

Repeat all these as much possible. The first two things can be done every day. Also, try to walk long distances if possible every day. This will help lower the masturbation addiction to a great extent.

The semen-overflow theory

Some people say that semen any which ways will come out of the body on its own due to their following belief / understanding:

1. Daily food consumption finally develops semen and sperms.
2. That means semen (sperms included) will keep increasing, finally to come out of the body that is in 'excess'.

Some people explain it like this – Supposing a drop of water keeps falling in an empty water bottle, so when the water bottle gets completely filled, it has to get empty, then to refill it again. So the cycle of emptying the bottle and filling it again drop by drop is

a continuous process, and the same concept applies to semen in the human body. In conclusion, semen has to come out of the body after certain intervals when the semen is overfilling (just like water can't be overfilled in a water bottle).

Both the above reasoning sounds so convincing, but unfortunately it is not so. If the above theory is true then after every 40 or so days semen would come out of the body on itself (i.e. nightfall) even if nothing is done (no masturbation or sex), but that's not the case in reality, as many people retain semen naturally in their body for months, years and even decades. So how do they do it? It is all about finally the purity and stability of thought process of such person. Those who retain semen for years can reach to higher levels of inner strengths, often incalculable. Again, the water bottle theory doesn't make sense because if drop by drop the water bottle gets filled, then, only one drop should fall out of the bottle at a time that's overfilled, why empty the entire bottle? So if semen gets generated one drop each day then, only one extra drop of semen should come out of body, there's no need for the large quantity of semen to come out. So the water bottle theory also doesn't make sense. To know other

reasons on why the semen-overflow theory is not valid read the chapters '*Going higher in life with long-stored semen*' and the first two chapters again (other than many things mentioned on it at different places in this book).

Semenability can be broadly categorized into four types

Though different men have varying semenability, but for ease in understanding they are broadly categorized in to four types,

Above-average to High semenability who restrains semen ejaculation	Can enhance abilities to extraordinary if energies are properly channelized and used.
Above-average to High semenability who frequently ejaculates semen	Lowering the abilities and gradually can create negativities.
Average to Low semenability who restrains semen ejaculation	Possibilities exist to do great in life if properly channelized and used.
Average to Low semenability who frequently ejaculates semen	Lowering the abilities and may create negativities faster.

This is only broad categories and depends upon how frequently a person is ejaculating and in which category he falls in. Those having low semenability need to restrain the ejaculation the most. Category

numbers ‘a’ and ‘c’ above usually can do great in their life. Do not try to judge anyone to understand his semenability. It is not that easy based on how the person looks or has physique or through any symptoms in this book. The guess work can easily go wrong. As was said earlier, only a pro on this knowledge can understand the semenability of a person. Use the knowledge in this book only for personal development.

Final words

One should never push too much or beyond personal acceptable limits to preserve semen regardless of any circumstances. This may sound opposite to what’s being said all the way in this book, but let’s first understand what it really means.

We already saw the need and importance of long-stored natural-state semen in the body and how one must follow various principles. Inconsistencies in any of that may lead to nightfall. Though that does not mean if nightfall happens, it will balance out the inconsistencies in a man’s body and mind, because, semen ejaculation is a loss and invites negative effects mentioned earlier, can cause more inconsistencies,

and increase the loss. Nightfalls denote the need to regularize life, pay attention towards self, and not let it happen. If nightfalls also don't happen[42] or if the mind still remains bothered then the best option is to go to a guide. A guide can be a religious guru, a spiritual guru, a family doctor, or a knowledgeable and trustworthy person (father, friend, teacher, etc.), but not someone who may recommend masturbation. An open discussion itself with such person can bring all mental distress at rest, and bring renewed confidence along with the needed peace in mind.

Initially, a person may not realize such 'stages' in the body, but with self-assessments, eventually one will start understanding it, then he will be more in his own control, which will also help him be in control in all types of situations in life. With this practice, a person then starts going to upper echelon where there are different and better ways and without letting semen go out of the body. That is, by 'purifying the semen' within the body. If one has a guru, it's even easier as guru[43] knows and understands the person properly, and then channelizes the person's energies in the right direction, and helps him purify his thought process, and brings peace in mind. When a person

reaches at such stage where he does not need to ejaculate but rather knows how to purify and re-balance everything within his mind and body, then his strengths start growing exponentially. Such person can get abilities that can't even be explained, but can only be felt by the person having it and those who are at the same or higher echelon. Don't worry, a person not masturbating at all is not going to have energy explosion within the body. In fact, he will be perfectly normal[44] and proper channelization of energy makes him better than and ahead of others. Such a person will feel enhanced mind and body as compared to the days of masturbations. **Masturbation may be considered abnormal and harmful by many sciences, but none of the medical or other sciences say <u>not masturbating</u> as abnormal or unhealthy.** A person who follows proper guidelines mentioned in this and similar books should be able to do very well in life. A guru is not a must-have but good to have, who can guide in the right direction in every aspect of life.

If mind is at peace, all goes well and without the need to ejaculate.

Finding a right guru in today's world is another tough task. A guru need to be knowledgeable, trustworthy, and someone who has the ability to understand and guide correctly. Ideally, he should also have followed 'no masturbation' principle in his life. There are gurus in India and other parts of the world who have not masturbated since decades (except rare nightfalls to some). Their level of knowledge is extraordinary, other than being perfectly normal persons.

9. How to build good semen with proper food?

Food plays very important role in building quality semen. Planning, regularity, and type of food intake are crucial.

To build good semen, follow these simple principles of eating,

1. Always eat freshly cooked healthy home food, on time, and with lesser spices.

2. Avoid junk food, frozen food, packaged food, ready-to-eat off-the-shelf food, reheated food, and refrigerated food (not even by heating it), microwave heated food, outside/restaurant food, etc. These foods may have already lost some of the vital nutrition, may also be harmful for health, may have added unhealthy ingredients, may create indigestion or acidity, may be unclean, or chemically treated, adulterated, etc.

3. Avoid cold food as the body takes more energy to digest it, and can also generate harmful gases in the body.

4. Try to have dinner about 2-3 hours before going to sleep as that gives plenty of time for digestive system to do its work.

5. Try to have dinner before sunset. It will help get better sleep, relaxation and rejuvenation to the body. (There are way too many other benefits of it that can be easily searched through the Internet.)

6. As much possible have meals at fixed times only. Don’t change the eating schedule much.

7. Once the food is cooked and ready to eat (like right off the cooking stove / oven / etc.) then have it soon, don’t wait for long, or don’t reheat either.

8. Some also believe that one must eat

while sitting, and once started eating, do not get up until the meal is finished, as that disturbs the digestive system. Do not eat standing, while walking, etc.

9. Eat in moderate quantity, i.e. only as much as your body needs or may be little less than how much you can normally eat. Over-eating doesn't create semen faster or more in quantity. Over-eating can instead negate or slow down the semen building cycle for a certain period. Over-eating affects the normal functioning of the digestive system, and once it is affected all the subsequent steps of energy transfer gets affected.

10. Don't stay awake till late in the night, it can make you feel hungry or crave for food. It will not be helpful for building better semen (other than having many disadvantages of late evening/night eating).

11. Skip eating once in a while when possible, e.g. on an evening once a week, may be when you are off from work.

There are many websites and books on good food to search from or get a professional dietician's tips and make a diet plan for you. Similarly, one can find a lot about why junk, packaged, restaurant, etc. food need to be avoided. Human body gets most strength from the pure, fresh, and home cooked food.

What type of food[45] should be eaten, when and why are a matter of personal choices, medical doctrines, religious beliefs, etc., which can't be detailed here, so only generally accepted basic concept is explained that's good for generating healthy semen. *See also the addendum 'One Missing Things' for a short discussion on packaged food.*

10. Yogasans that help lower the negative effects

Yogasans have innumerable benefits in all walks of life. It is a miracle discovery.

From basic body movements to better health to highest spiritual levels, yogasans (or yoga as generally it is called) help everywhere. There are thousands of good books and millions of Webpages on yogasan, so we won't discuss or repeat any of that here. We will straight away see only those yogasan (not an exhaustive list though) that will help lower the ill-effects due to masturbation as much as possible.

There are some yogasans that also helps in maintaining virginity or say protecting semen within the body, but one should learn those from a yogasan expert, so those yogasans are purposely not listed in this book. Hopefully someday some highly learned yogasan guru may be able to write an entire book (or multiple yogasan gurus jointly write a book bringing together best of the knowledge each of them have)

dedicated for this purpose and showing various yogasans and meditation techniques on how to protect and enhance semen in a body and to minimize the negative effects due to semen ejaculation.

Remember that one shouldn't directly do the asanas listed here, *it is necessary to do the warm-up yogasans first*, just like warm-up is required before playing any sport, workout, etc. Only after the warm-up yogasans as prescribed by a guru or as in other yogasan books / websites (as individually followed by each person) one should attempt to do the below yogasans. Doing these yogasans in isolation or without the warm-up yogasans may not give the needed benefits to body and mind, as body must get the initial stretch and flexibility before performing these yogasans. Doing things the right way gives benefit, but not doing them right way, just by being lazy or to save time, may infact create negative impact also[46]. It is also strongly advised to use the below yogasans (may include mudra or bandh also) only as suggestive and not to do these without the guidance and approval of a yogasan guru unless one is an advanced level yogi himself. Do as yoga guru say and use the asana that he / she ask to do. It is also recommended not to attempt

all the below yogasan in a single sitting unless directed by a yogasan guru or a person is an expert yogi and knows well what he is doing.

No further details about the below yogasans are added purposely, and no yogasan drawings, photos, or even descriptions because it is necessary to follow the books or Internet or a yogasan guru that describe these yogasans well in detail, and are written by expert yogasan gurus. The yogasans listed below are just indicative and only for knowledge and understanding. Some advanced yogasans and meditation techniques are only taught in-person by yoga gurus, and cannot be found easily in books.

Yogasans/Mudra/Bandh helpful to release constipation

1. Kauva Chal (Crow Walking Pose)
2. Udarakarshan (Abdominal Stretch Pose)
3. Vajrasan (Diamond Pose)
4. Supt-vajrasan (Reclined Diamond Pose)
5. Trikonasan (Triangle Pose)
6. Padhastasan (Hand Under Foot Pose)
7. Purna Bhujangasan (Full Cobra Pose)
8. Bhujangasana (Cobra Pose)

9. Padangusthanasan (Big Toe Pose)
10. Yoga Mudrasan (Psychic Union Pose)
11. Parshva Halasan (Side Plow Pose)
12. Padma Mayurasan (Lotus Peacock Pose)

Yogasans/Mudra/Bandh helpful to control, channelize, or neutralize sex desires

1. Siddhasan (Accomplished Pose)
2. Shashankasan (Hare Pose)
3. Swastikasan (Auspicious Pose)
4. Vatayanasan (Horse Pose)
5. Padangushthasan (Big Toe Pose)
6. Bramhacharyasana (Celibate's Pose)
7. Moolbandhasan (Root Lock Pose)
8. Mool Bandh (Root Lock)
9. Vajroli Mudra (Thunderbolt Attitude)

Yogasans/Mudra/Bandh that help to detach from the worldly and materialistic pleasures, and control sexual desires

1. Baddhayoni Asana (Locked Source Pose)
2. Murcha Pranayam (Swooning Breathing)
3. Maha Bandh (Great Lock)
4. Bhoochari Mudra (Gazing Nothing)
5. Akashi Mudra (Gazing Sky)

6. Mulabandhasana (Root Lock Pose)
7. Kandasana (Upward Ankle Twist Pose)
8. Supta Trivikramasana (Reclining Splits Pose)

Yogasans/Mudra/Bandh those are powerful and helpful in many ways

1. Surya Namaskar (Sun Salutation)
2. Pashchimottanasan (Seated Forward Bend Pose)
3. Vamadevasana (Pose Dedicated to the Sage Vamadeva)
4. Parshwa Kukkutasana (Sideways Cock Pose)
5. Shirsasana (Headstand Pose)
6. Sarwangasana (Shoulderstand Pose)

<u>A note on Sarwangasana</u>:

1. It is one of the most powerful yogasans. A person may not need any anti-aging creams.
2. It improves the blood circulation. It is a yogasan for every part of the body (‘sarva’ = every. ‘ang’ = part of the body. ‘asan’ = a yogasan pose).

3. It tightens the skin, making a person look younger, smooth, and glowing. When done for many years, it may be difficult for others to judge such a person's age. The effects of tightness can be felt on the skin right from day one or two after doing this asana.

4. Do this asana as prescribed for straight 40 days and do not masturbate even for once in these 40 days, and see the difference in the skin tone and the energy in the body. Doing this asana in correct position and posture is extremely important along with stability to get instant results on the skin and the entire body.

Again, these are only indicative yogasans and some yoga gurus may recommend different yogasans based on each individual. There are many good books on yogasans; I personally prefer the books and teachings of the below yoga experts,

1. Swami Satyanand Saraswati
2. BKS Iyengar
3. Swami Ramdev

Doing all the yogasans mentioned in this section[47] (or any other yogasans) does not mean a person will be perfectly fine and has found an antidote and keep doing masturbation. These yogasans can help bring the body back to better state provided one does not masturbate any more. If a person keeps masturbating then no yogasan or no rich and healthy food can protect or bring back the losses.

Meditation

Meditation is usually done to bring peace and stability in mind and body, to provide and enhance ability to focus for longer and add mental and physical strength. It increases the internal vital energy and life force giving more confidence and generating various hidden, unknown, unexplored, and unused abilities, or enhancing the less used.

Meditations must be done in total quietness for as much as possible, the best time being between 04:00 AM to 06:00 AM local time. At this time, the person just needs to be totally by himself. When peace is there in mind, stress automatically lowers, which helps body to regain its circulation cycles within, which in-turn

increases the inner mental and physical strengths. Regular meditations will help one feel at peace for longer duration at any time of the day or night. The brain power increases a lot, making the person more active and free from laziness. There are too many benefits of meditations. It will be totally incorrect to think that meditations are meant only for holy people or monks. Meditation is ‘required’ by every person. We always use the words in our day-to-day life like – 'concentrate on studies’, ‘work diligently’, 'pay more attention', ‘be attentive’, ‘focus’, etc., and all these means nothing but contemplation, meditation, etc. whichever word used for it.

Specific meditation techniques help increase the ability to 'concentrate' or 'pay attention' for longer durations without increasing the stress on mind and body. All this finally increases the semen and improves its quality. That's why meditations are so important to do every day for some time. We won't see here any specific meditation technique. Each person need to find the right meditation techniques by discussing with Yoga/Meditation gurus or respective religious gurus, etc. Learn it first from a guru, don’t attempt to do it yourself until your guru tells you so. Different

meditation techniques have different initial effects on mind and body. Increase the meditation time gradually. Over-doing meditation is also not good. Do only as much as the mind and body can support. Use the meditation technique that suits you best and this can be best ascertained by experienced yoga / meditation / religious gurus based on each individual's capacity.

Meditations do not mean getting spiritual, which is a gross misconception, but it is primarily to getting the mind and body in total stability, harmony, tranquility, regulation and orderliness. The word meditation is not restricted only for spirituality but applies to every activity we do in life. There are always many areas of our mind and body that's simply unknown, unutilized or not in correct order as it needs to be, which creates various problems in life unawarely. Meditations help remove all that and bring clean and renewed energies in mind and body.

Meditation techniques may be broadly categorized into,

1. <u>Breathing techniques</u> – Observing

breathing in and out, controlled breathing, directed breathing, etc.

2. <u>Mantra repetitions / chanting</u> – Sacred words as defined in yoga, religions, etc. are repeated for certain number of times or till certain period of time using either rosary (usually 108 beads) or in many other ways.

3. <u>Focusing on self-body</u> – Closing the eyes and focusing on the body from toe to head (except private parts) and relaxing them.

4. <u>Other techniques</u> – Like focusing on specific thoughts, prayers, focusing on an object, observing sensations happening in the body, thinking and analyzing thoughts and actions deeply, listening to certain sounds, etc.

Each of the techniques has many different forms of meditations prevalent across the world, and in probably every country. The fundamental aspect in each of the techniques is that during meditation (of

any category and form) the mind should not wander by thoughts anywhere else and completely focus only on what is being done during the meditation. Perfect meditation is the amount of time the person literally doesn't know what's going on around him at all or to say in the entire world, but is only focused on what he / she were doing at that time. Secondly, the body has to remain absolutely stable. Unmoved mind and body after a certain period of time starts creating purified and energetic aura around the body and that's the real beginning of generating mental and physical abilities, and it comes only by practice (and along with long preserved semen within the body).

Meditate well for at least 5 to 10 minutes each day, early in the morning[48], and see the positive changes happening within few days.

11. Indicative semen recovery timescale

Loss of money may put a person only in financial problems, but loss of semen can put a person in all sorts of mental, physical, financial, relationships, etc. problems in life.

It is a not an easy calculation on how exactly the quantity of lost semen is recovered and many differ with calculations and time ranging from immediate recovery or one day or one month or even up to three to six months. Other factors and complexities involve and vary in each person so recovery schedule may also differ with individuals. There are three approximations theories listed here. There may be better or precise theories existing also. Either of the theories may be relevant to semen or sperm rebuilding.

Theory 1: Each day same (i.e. 1/40th) proportions are redeveloped: For example, if 5ml of semen and 1 million sperms are lost, then each day 0.0125ml of

semen and 25,000 sperms will be developed for the next 40 days to refill the lost quantity in the body for every ejaculation. For every ejaculation, when a person crosses 20 days, it means he recovered the lost semen up to 50% of that ejaculation only. Thus, if he ejaculates more than once in 40 days then he keeps depleting his semen reserve.

Theory 2: The lost semen and / or sperms recovery double each day: If the lost semen and / or sperms are redeveloped and doubled each day then as the semen and sperms rebuilding / recovery days move closer to 40^{th} day, the recovery gets progressively faster. So when a person crosses 20 days of doing no masturbation, it does not mean he recovered the lost semen up to 50%, he actually recovered may be even less than 1% by then. The real recovery will be after day 37 and 'completes' at day 40, provided semen was not ejaculated (no masturbation, nightfall, sex, or stopping just before ejaculation, etc.) in-between these 40 days again, otherwise if a person masturbates again within 40 days then it will take too long to recover the lost semen, which will be far more than 40 days. To simplify this theory, the semen recovery schedule after single masturbation is explained below.

The legends used in the below table are,

Day column = 24 hours <u>after</u> masturbation will be day 1, then all the way up to 40 days.

Percent Recovery column = How much percent of semen and sperm will be recovered with each passing day from 1 to 40, i.e. from 0% to 100%?

Example calculation for understanding

Day	Percent Recovery		Day	Percent Recovery
1	0.0000000001819%		21	0.0001907348633%
2	0.0000000003638%		22	0.0003814697266%
3	0.0000000007276%		23	0.0007629394531%
4	0.0000000014552%		24	0.0015258789063%
5	0.0000000029104%		25	0.0030517578125%
6	0.0000000058208%		26	0.006103515625%
7	0.0000000116415%		27	0.01220703125%
8	0.0000000232831%		28	0.0244140625%
9	0.0000000465661%		29	0.048828125%
10	0.0000000931323%		30	0.09765625%
11	0.0000001862645%		31	0.1953125%
12	0.0000003725290%		32	0.390625%
13	0.0000007450581%		33	0.78125%
14	0.0000014901161%		34	1.5625%
15	0.0000029802322%		35	3.125%
16	0.0000059604645%		36	6.25%
17	0.0000119209290%		37	12.5%
18	0.0000238418579%		38	25%
19	0.0000476837158%		39	50%
20	0.0000953674316%		40	100%

As can be seen in the above table that till day no. 33 not even 1% of lost semen is recovered, and the rest

gets developed in the next seven days, specifically in the last two days. It is on and after 39th day only that a person starts feeling totally rejuvenated and fresh in his body.

Theory 3: Spend more, earn less: To understand it easily, let's say a person has 1 million dollars with him and gets 10% income on it per annum. He plans to have it with him for the next 50 years, but he ends up utilizing 15% of it per year because he cannot control his desire to spend. So essentially he is using up his income and the long stored principal savings also. In effect within 19 years he will already exhaust all his funds. Similarly, a person ends up using his long stored semen continuously and doesn't build back equal or doesn't give time to build back completely.

Either way, just like one need to stop or postpone the spending to avoid going bankrupt, similarly at whatever position a person is with his semen balance and at whatever age, he need to stop masturbation completely. Don't 'waste' the biggest wealth of life. It all again depends on each person's overall natural body strength. As the age progresses or if a person has done too much masturbation then the recovery

becomes extremely slow, taking months or years to recover, provided he does not let his semen go out again during all those months or years of recovery period.

Important point to take a note of

Consider a person stops masturbating for a month or two. Gradually, he will then start developing his semen and so strengths back again. He may become overconfident and excited, and end up doing masturbation again thinking that he has gained lot of physical power again and may feel great with his body. Don't fall prey to such feelings. Don't do that mistake; otherwise one may have to restart again from where he left off earlier. If it takes six months to recover then wait for six months, otherwise the recovery will extend far beyond six months. One may think how someone can live without semen ejaculation for so long? Of course one can, many don't ejaculate for long time and it's not at all that difficult. A person needs to use some will power and that's all. Just because a person is not able to visibly see the long term ill-effects of masturbation that's why he is not serious about it. As soon as one understands the very short-lived pleasure with the very long-lived disadvantages of

masturbation, it's easy to see what outweighs, and that should help stop masturbations.

With lot of thinking, discussion, viewing, doing sex and masturbation, a person makes his conscious and subconscious mind used to it. That's one of the reasons when a person is old, ill, weak or when his body can't do sex for any reason, still the mind keeps asking for it, unless he feels complete and satisfied with sex in life.

12. Indicative semenability of a person

Remember an important thing, as someone rightly said, that sexual aggressiveness and desire doesn't just come from the feel of the skin and the built of the body, but sex is in the mind, the more sexually aggressive the mind, the more the body will automatically react for sexual needs, and so the erections.

Understanding how much long-stored semen a person has, is no easy task. This chapter is only indicative and one won't be able to judge others' semenability based on that, as different people have different body mechanisms and semenabilities. Sometimes people get easily or totally misinterpreted. Some highly knowledgeable gurus can measure and tell the semenability of a person accurately. It is a highly complex matter and it isn't even easy to explain it in detail, and people may start doing interpretations based on limited knowledge, which can go wrong. Also, historically most young men do not have sexual

with the very long-lived disadvantages of masturbation, it's easy to see what outweighs, and that should help stop masturbations.

With lot of thinking, discussion, viewing, doing sex and masturbation, a person makes his conscious and subconscious mind used to it. That's one of the reasons when a person is old, ill, weak or when his body can't do sex for any reason, still the mind keeps asking for it, unless he feels complete and satisfied with sex in life.

12. Indicative semenability of a person

Remember an important thing, as someone rightly said, that sexual aggressiveness and desire doesn't just come from the feel of the skin and the built of the body, but sex is in the mind, the more sexually aggressive the mind, the more the body will automatically react for sexual needs, and so the erections.

Understanding how much long-stored semen a person has, is no easy task. This chapter is only indicative and one won't be able to judge others' semenability based on that, as different people have different body mechanisms and semenabilities. Sometimes people get easily or totally misinterpreted. Some highly knowledgeable gurus can measure and tell the semenability of a person accurately. It is a highly complex matter and it isn't even easy to explain it in detail, and people may start doing interpretations based on limited knowledge, which can go wrong. Also, historically most young men do not have sexual

or erectile dysfunctions, and most men become father in their life, so no point in going to that extent.

Listed below are just a couple of basic level indicative ways to get general understanding, though a person who is not an expert in these fields, won't be able to know any much from what's mentioned here,

Finger nails of hands

It is a known fact since ages that a lot can be told about a person's health just by looking at his / her nails. Nails are the only semi-transparent body part that show a bit of inside of the body, and thus many things can be interpreted through it. Some of this science still exists though not many people are able to effectively interpret it now. The semenability can be ascertained *only to a certain extent* from the finger nails based on its contents, texture, color, etc. Remember that a nail is not just that is visible on fingers, but nails also go beneath the skin of fingers (and keep getting softer from where it begins). Many nail science experts in today's world are also able to analyze some possible diseases and deficiencies in the body. Though, they may or may not know how to measure semenability from nails as it is not seen

published anywhere. The finger nail science applies to women also.

Skin texture

This we have discussed earlier at a few places so won't detail that here again. The glowing[49] and water-like shining forehead is considered good in many pre-existing texts as forehead will be the last place on the face to glow. These are only general rules, exceptions easily exist.

There are other precise ways of knowing semenability of a person (other than medical tests). Don't make mistakes by judging anyone through any visible means. But the indicative ones also tell men to better not 'waste' semen, and that's the only purpose of this short chapter, without going into any further details.

13. Going higher in life with long-stored semen

Modern science until now thinks of semen as mostly for procreation and entertainment. This book not only gives the glimpse of the secrets and true meaning of this powerful 'ingredient' in the body but also shows how to go higher in life through it.

They say, once a person retains semen for a certain period of time (minimum six months), the peace, power, confidence, and happiness he would gain from his inner self and within, is unexplainably far more self-fulfilling and wonderful than the sexual pleasure with another body[50]. *In absolute terms, just imagine, why do we need other body to keep our inner self happy?* Some ancient text says that only the weak need other body to support himself. The *real* strong-headed and strong will-powered persons are happy within self, and without the need of other body, or masturbation.

If a person does advanced yogasans and

meditations for long periods of time at a stretch, it can generate heat in the body, if a person doesn't know how to control the amount of yogasan and meditation or doing it without a guru's guidance, it may lead him to fall sick, feel feverish, or can even make the mind a bit unstable for a short period of time, he may get angry sooner than others, he may even feel restless, impatient, annoyed, and his capabilities may get disturbed and distracted rather than purified, focused, and increased. All this usually happens when semen is not as long-lasted or strong enough in a person's body as is required to do such high-end activities that are required to gain higher levels of and amount of mental and physical strengths. Doing high-end activities usually require a guru's supervision and guidance[51]. Practicing without a guru may bring adverse outcomes sometimes even to a high semenability person.

But if a person is full of long-time-stored semen, then semen helps him maintain and cool off his body and mind simultaneously, and gives him the ability to do advanced yogasans and meditations for longer periods of time, which in turn helps him increase his mental and physical abilities even further. When a person successfully does advanced yogasans and

meditations for long time the inner strengths he generates is full of peace, knowledge, and even physical enhancements, which at times are unexplainable to other person or the outer world. Such a higher stage cannot be achieved without generating enough energies / heat in the body (atomic level) and if not simultaneously controlled and cooled-off, it can lead to out of bounds heat in the body and may lead to unexpected and adverse effects. Semen controls all that by cooling and regulating both mind and body, thus the capabilities increase manifold in every way and everything a person does in his life.

Other than a guru, that one may need to do advanced level yogasans, meditations and various mind and body controls, to help him grow his capabilities, there's always a second guru a person needs, that's invisible from outside and that's protective, which is nothing but his own long-stored semen in natural form in his body. Semen helps reach a person to the highest level of being completely in absolute presence of mind, that is neither to live in past nor in future, but only in present. When a person is completely in 'absolute present' for a long time (till the smallest time scale of the Universe), the aura /

atoms / vibrations around his body gets stabilized creating immense powers in the person. In some Indian ancient texts, it is mentioned that a person can achieve highest knowledge if such a person can remain in absolute present just for straight 48 minutes. Of course 'just 48 minutes' are just too long and way too difficult in today's world to stay focused at a stretch, i.e. without losing even the smallest possible time count (see note below). *It's all about stability, be it of thoughts or atoms*. 'Meditation', 'concentration', 'paying attention' are all different terms / words used just to stabilize. Stabilization is a must to generate strengths and energies, and long-time stored semen is the key substance to help achieve that. *High semenability is unavoidably a must*. A 60 year old man who has long-lasted semen in his body over many years can be more healthy and strong both mentally and physically as compared to a 30 year old man having masturbated too much.

Let's remember that,

1. Semen is invaluable physical wealth that's also subtly powerful.
2. Semen is like the foundation of a building to a person.

3. Semen protection involves control and channelization of both mind and body.

4. Those who protect their semen in its utmost purity can get victory over everything they want.

5. Protecting semen for long brings stability in mind and body, controls the senses, and gets one on the path of success beyond anyone's imagination in whatever he want to achieve in life.

What a regular masturbator may not be able to do or achieve **physical abilities** in weeks or months may be possible to achieve in days or weeks respectively by a long-stored or high semenability person. What a regular masturbator may not be able to get to the **mental abilities** in days or weeks may be possible to get in seconds or minutes by a long-stored or high semenability person. – *As told by a Guru*

There's a lot of science behind it, just do not masturbate for now.

Note on smallest possible time count

Smallest possible time count as per current

science and when this part of the book got written is Planck time unit (5.39 x 10^{-44} seconds), that means, a person need to be 'absolute' stable in thoughts (reaching thoughtlessness finally) for a continuous time of 5.39 x 10^{-44} (Planck time unit) x 60 (seconds) x 48 (minutes) to be able to achieve the Greatest Knowledge. This is only as per current understanding, the actual smallest time unit is far smaller than Planck time. It is said that uncountable (not infinite) number of smallest possible time units elapse within just one blink of the eyes. First a person has to concentrate on single upward moving thought stream to the highest possible positivity, then, on reaching highest level of positivity, the person next enters into total thoughtlessness, and finally the person has to remain there in absolute thoughtlessness for unbroken 48 minutes to achieve the omni-knowledge and physical powers. During the time of absolute thoughtlessness, all the atoms / aura / vibrations from the inside-most to the outside-most of the body keeps getting completely stable and purifying like a bright light (not externally visible). All the major seven chakras and all other minor chakras in the body get to progression to the fullest. If the stability gets broken in-between, only proportionate-divisional amount of energies are then

generated, and the person has to restart from zero to 48 minutes again. Keeping that much time of stability of mind (and without moving the body either) is probably not possible in today's world. But, based on the multiplicational theory no.2 suggested in the chapter 'Indicative semen recovery timescale', same principle can be applied to the amount of knowledge a person can gain based on how many Planck time he has remained 'absolute' stable in thoughts. Remember the greatest knowledge gets unlocked in the mind only in the last few Planck time units. The greatest discoveries known today to the mankind are merely done in the 'absolute stability of mind' for about less than a second actually. Thought processes with inconsistencies keep going on for long, may be days, weeks, months, years that only builds, collects, analyzes, etc. the 'data' for the 'required knowledge', but the final solution usually comes in a very small timeframe. So if great discoveries are made in may be a few seconds, think of the absolute stability, which keeps exponentially growing, for continuous 48 minutes, how much knowledge it can bring is just incalculable.

14. Understanding your teenage children

The most important age of life should never be ignored, as from here lot of things will build in the mind to set the future.

During puberty some feel lost and can't make up what's going on with them and if they are doing right by masturbating. One of the reasons is masturbation topic at that age is not talked about with them, or by them. Many times parents are not able to understand what's going with their kids. Some teenagers feel depressed and oddity in their life as if it's happening only with them. Parents, friends, elders can educate the teenagers that masturbation related thoughts are not isolated one but almost all go through that phase.

There are more number of mental problems in youngsters now than ever in history. And why not? They aren't allowing their brain and body to develop all its potentials, skills, abilities, etc. as they are ejaculating the important fluid (semen) from their

body through so much masturbation, which is instead required by the body to remain inside. All they need to do is stop masturbation and everything will fall in place by itself.

Upon puberty[52] (11 years onwards), many boys want to be left alone at home so they get full freedom to ‘play’ with penis, which, many of them think, is their newly learnt ‘object’ of fun. Some play with it for hours and using various different objects in the home, specifically pillows, mattresses, furniture, tools, etc. They even keep strict watch on their parents’ work times (when parents leave and what time they may be back). When parents / grandparents / other family members go out for any reason (work, shopping, etc.) many teenagers don’t want them to carry the home keys and may also give reason that he is at home only. Such teenagers may not want anyone to suddenly come uninformed. They may play with penis anywhere in the entire home.

As masturbation habit is common now-a-days so parents need to understand such behaviors of their teenagers quickly. Unfortunately, most parents, grandparents, and even friendly next door neighbors

are not able to generally notice such changes in teenagers. They totally either ignore it or take it too casually or end up thinking that their kid wants to watch TV or be on the smart phone, etc. for the time they are out of the house. It is best for parents to keenly notice even the small behavioral changes in their teenage children as any of those might be related to masturbation and sex. The age of puberty is one of the important phases of life of children.

Check for such type of initial and basic indications,

1. If they ask every time when exactly are you coming back home.
2. If they often ask not to take keys along.
3. Often lock doors from inside that can't be opened from outside.
4. Shows signs of internal happiness upon knowing he will be alone.
5. Spends longer time in washroom than usual.
6. Complain of stomach disorders or constipation many-a-times.
7. Starts getting tired sooner often.
8. Starts getting pimples on face.

9. Gets up in the middle of the night and takes longer time in the washroom (may be cleaning their semen stained body and cloths).
10. Becomes more silent, more aggressive, disturbed, different, etc.

Many students, who stay awake late in the night for studies and get up late in the morning, may masturbate during late night. *Night drives a person 'crazy', naturally*. Best way is to make them sleep early and wake up early for studies. It will have many and multiplied advantages other than lowering their masturbation habit, like they will remember more when studying during early morning hours, their bones will be stronger till later life, and so on. Paying keen attention to children's behavioral changes is must and may not be easily noticeable. Discuss and guide them or give some good books to read. It certainly won't be a good idea to get wild over them if you learn that they are masturbating as they are not matured enough yet and sexual activities is all new to them. They need to be educated about its bad effects. At early age once they learn the various negative impacts of masturbation they can hold on to it for their lifetime.

15. The sticky statistics of semen wastage worldwide

Multiple semen ejaculations are happening almost continuously in the world. What does all that count for?

The statistics mentioned here may vary hugely and used just as example, but the purpose is to give another perspective, and to be able to see the big picture impact of masturbations. We saw individual impacts; now let's see worldwide.

Every second about 2 or 3 births happen in the world, which means semen is getting ejaculated out of many men's body[53] every second. For every birth of a child, usually the intercourse (or other methods) is required multiple times, thus usually requiring ejaculation of semen multiple times for each child that is born. The 2 or 3 births per second in the world of course do not include the intercourses with condoms, taking non-pregnancy pills and other methods, miscarriages, abortions, etc. So lot of ejaculations

happens overall for a single new birth that occurs. But obviously, ejaculation for the purpose of a child birth is required (as per the reach of science as of now), but other than that, men also masturbate, and many do it often.

That means, when all of the above is put together, there may be hundreds or thousands of different men, in different parts of the world, specifically where there is night, literally ejaculating semen almost every second. In total of 86,400 seconds of each day, tons of semen is thrown 'wasted' through masturbations (intercourses and mutual sexual pleasures not considered). In other words, so much of energy of men gets out of body every second, every minute, every day, every year, and on. Men are becoming weak, which may be realized only after a few centuries, when it will be quite late. It will then take another few centuries to recover back the future men's strengths provided at least then the world agrees one of the key causes of it to be so much of the semen ejaculations by each man.

Just as we speak about, analyze and pay attention to the worldwide plastic wastage, water contamination due to soap, shampoo, detergent, industrial toxic

wastes, and similarly the harmful effects on humans and global warming due to ultra large scale use of electronics, etc., then we can similarly analyze about semen ejaculation worldwide and its possible effects on humans and Earth. At individual level all the above mentioned wastages seem trivial, but aggregating is what makes it scary as the number become huge, and that's how mass scale awareness and appropriate steps need to be taken to prevent or minimize the losses due to that.

So, overall about 2.5 billion men are probably doing this sticky job of making our Earth also sticky or 'dirty', may be by thousands of tons of semen every year. The bad effects of it when all this semen goes into drainage each day needs to be done separately by the experts in the fields of drainage systems, water specialists, bio-chemical scientists, environmentalists, and other similar analysts.

Let's see some of the future impact due to this on humans. Think of it, may be about 60% of the world population is between the age of 12 to 55 years, the population that masturbate mostly (ages 13 to 30 highest), and that would make it to about 4.75 billion

(men about 2.4 billion and women about 2.35 billion, as of around year 2017) and growing. How much loss of energies (or recovery[54]) are we talking about here per second, minute, hour, day ... years? Unless all this is stopped, the growing new population will be with weaker energies. We may not understand this in short span of a few decades, but may be in a century or two at the least. Also, for a short duration if a generation grows stronger does not mean that it will remain to be the trend with every next generation getting stronger and even stronger. It may be due to any scientific advances or favorable Earth's conditions or improved lifestyle, or improved food, exercising trend, etc. But all these cannot sustain to the disastrous power of semen ejaculations and finally it will start decreasing the human strengths further and further in the times to come, and which has already started.

This is to tell men how much the critical strength of their body and mind is wasted in masturbations. Some may object to the word – 'wasted' for semen, but upon understanding all the required knowledge regarding this, we should have realized by now how critical it is for men to preserve the semen within the body. We are becoming weaker by the day and don't

realize, that one of the key reasons is masturbation (and too much sex). It may also be possible that weaker father's genes pass on to the child that may born negligibly weaker and same cycle continues for his next generation and so on. It may not be easy to notice until a few generations how newer generations are weaker[55]. But if this keeps going on for centuries and eras then it can finally make men quite a lot hopeless.

Does this statistic not say how much we are weakening human lives and what the future holds for us and how genetically weak generations we are gradually building and how much of less semen strength they will have in future with lesser sperms and semen quantity in men, unless semen is protected from now itself? For the future generations, the amount of time (months / years) the semen remains thick and sticky will decrease compared to how long it remains now or used to remain earlier (due to even lesser or no masturbations earlier). The semen quantity will also decrease in future even with lesser ability to ejaculate than what is now or was earlier. Historically, it was more before than what it is today. For example, if today a person masturbates for say 500

times (not within a specific timeframe) before he starts feeling giddy, or diseases start creeping in his body (some teenagers feel giddy even after first few masturbation), then in future may be in 200 masturbations, on an average, a person may feel giddy and make his body disease prone. Then again after a couple of centuries, a person of that time may feel giddy or diseased even just after his first 50 masturbations.

Forget about thousands of years later, just think of this; there was far more strength in men in previous centuries. Now, we have more sex related problems in people than ever before and we have more diseases now than ever before in the history. And these are not just because of lifestyle, adulterated or chemicals added in food now-a-days, but also because of so much of semen ejaculations through masturbations and other ways. Also, as men masturbate far more than women, so obviously men may become weaker by each passing generation then women will. Women now are doing well in academics, job, and do all household work too. Women now-a-days seem to be becoming busier and also more focused than men. Women are more capable of living by themselves as they can

manage everything on their own. Men usually cannot live by themselves as most men can't cook food or manage the household work. Now if that is not enough, men keep masturbating much more than women and in effect that makes men weaker. Who will be having more mental and physical energies retained in their body for longer in the times to come?

It's high time to think what and why things are going wrong for men? Root causes must be ascertained to take corrective steps. Otherwise where will they head to? Men and women are not to compete with each other, but to live happily with each other by mutual understanding, acceptance, and love. Men (and so women) need to realize and stop masturbating. Some may feel things are exaggerated here, but so do people think about climate change, rising sea levels, plastic wastage, water contaminations, and etc. issues. Unless something big happens people don't wake up. *A stitch in time saves nine*[56]. Similarly, one or more of the ill-effects of masturbation will apply to almost every man on earth. How will someone know which one will apply to him? Why take that chance? Masturbating means losing critical life energies, that's it. There is nothing

exaggerated for that, but instead, a person need to probably know all this far more and for better. Let's remember again that whatever mentioned in this book is not everything and there's a lot more to it. *It's just the tip of an iceberg*.

Also,

In the past: Existence of so much of sex related problems is not referred anywhere in old scriptures ever in earlier era.

Presently: Number of unsatisfied sex lives is growing with every passing day already.

In future: Both men and women may suffer much more due to incomplete sexual satisfactions.

So for betterment at micro (each individual) and macro (world-wide) levels for both men and women for short and long term, everyone need to at least stop masturbation.

16. Researching on negative effects of masturbation

A detailed, fruitful research on it will set many things right in the life of future humans.

Tens of thousands of men and women are involved every year in various modern research experiments. It may not feel right to conduct research on masturbation only to scientifically prove on paper, and in turn cause ill-effects in the lives of those thousands and delay recovery of what they have lost. But if today's world necessarily needs such a research to learn the dangers of masturbation, then it is upon medical organizations or governments to support this research. Anyways, millions of people masturbate each day, it may be then considered better to do an exhaustive research on a few thousand men and women and try out what's mentioned in this book and may be other authors previously. If modern medical science proves likewise, then billions of men and women will be saved in their lives now and in future from the mistake of masturbation. But if modern

medical science doesn't prove it, then it will be unfortunate as most people may disregard this and such books, and thus may keep masturbating. The researching organization may need to take an honest call if our future generations need to be better off or a few greedy of today. It is up to each individual finally on what to do regardless of the outcome of the research or what books like this suggest.

There are some researches that show results instantly. There are some researches that show results in a short span of time. But there are some researches that show results only after many months or years. Semen is such kind of a research needing at least six months to a few years. It's a highly complex research. Giving conclusive results instantly or with little research won't do much. Also, as semen impacts entire body, so analyzing only penis, testicles or in how much time new blood and semen gets generated won't help much either. There are too many inter-related things to be analyzed right from bone marrow to the skin. The research also need to be done both ways, i.e. what happens to routine masturbators and what happens to those not masturbating at all during the entire research period. Modern medical researches on the

effects after masturbation are probably never done as exhaustively as required, until now, to understand various visible and subtle problems masturbation creates.

Large Scale Research

How to do such a large scale research and what things it need to include is not mentioned here but details can be provided to certain companies, organizations, research institutes, or governments upon request. Such requests can be made only when certain conditions are met, like it must be a legitimate organization, have valuable references, need to have known doctors, scientists, medical professionals, researchers, how is the research funded, where is the research being done, how the data / results of research is planned to be used, et al. Also, to make it medical-stream neutral and unbiased, different types of medical professionals including allopathy, ayurveda, homeopathy, etc. need to be involved for their inputs, analysis and opinions. Experts in various other fields need to be included as well, e.g. to analyze the effects on chakras, aura (currently known through Kirlian photography), psychology, etc. Other factors may need to be included like, how will the researching

organization insure and / or compensate for negative health it can create on those persons? Such researches may pose risk to those humans on whom the research is being conducted even though it may yield huge and critically important data about human mind and body, and their subtle mechanism.

Though I would never recommend anyone to masturbate even for such researches, but if such research necessarily need to be done, then it should be primarily (and for obviously) for these reasons,

1. To practically see and understand the aftereffects.
2. And most importantly, if modern science accepts that there are various negative effects of masturbation, then the world at large may immediately stop masturbation as much as possible.

For those having understood, experienced, or believe, don't have to go through this experiment and not to suffer the aftereffects (in subtle and visible ways). It is similar to when someone says not to put finger in the fire else it will burn. Those who

understand or believe don't even try, but those who don't understand or don't believe or are 'over-curious' try to see what happens, only to suffer then.

17. What women need?

Women have the ability to reproduce humans, and men have the ability to generate the seeds of humans, each one can't live without the other.

We will see a short list of what women want from men for sexual satisfaction. We won't discuss anything else here that generally women want, like loving and caring nature, protective feeling, honest, positive thinker, nice dressing, well-mannered, good sense of humor, etc. as that can be easily searched about in detail on the Internet or in various other books.

Smooth and glowing skin

Just like men like smooth and glowing skin on women, so do women naturally like, and they get attracted the most to the person having *smooth and glowing skin*. This does not mean for men to keep the skin glowing and smooth just to attract women, but it means they shouldn't masturbate for their own good for present and future. Also, it is not just about facial skin, but long-lasted semen in body makes entire body

smooth, firm, feel-good, confident, and glowing.

Just like a man would want an awesome body of his wife for sexual pleasures, obviously so would a woman want; an awesome body of her husband. Men shouldn't be thinking just one way. They shouldn't masturbate so they can give their wife the better experience from their smooth and glowing skin, better physical sex, and better of many things to come in life with that.

Thick and sticky semen

Women like thick, white, opaque, and sticky semen, even in vagina[57]. A thin, water-like, transparent, and unsticky semen may not give them enough satisfaction. This is natural and most women, even unawarely, will like it that way. To have a thick, white, sticky semen needs lot of intact, remained-since-long-time-in-body semen.

Rich experience of sex

Obviously both husband and wife want rich experience of sex with each other, but if a person has masturbated a lot earlier, then either he may get less interested in having sex with wife or the sexual

pleasure may also become kind of 'substandard'. When a person does sex once in a while after long gaps of weeks, then the pleasure is also extraordinarily beautiful and deeply satisfying. Add to that, if the man (and so the woman) is not masturbating then both husband and wife will get immense pleasure from sex with each other that cannot be possibly explained (as with that will also come smooth skin and long staying hard erect penis).

A woman doesn't need another man

A woman generally wants to satisfy herself only from her husband and not from anyone else. An erectile dysfunction makes both the husband and the wife feel hurt and dissatisfied in life. Such person may feel that he is left behind in the world and others have moved ahead happily and positively in their lives and also progressed a lot. But the thing such person may never have realized until then is that he may have spoiled the pleasures of sex life due to too much masturbation (other medical conditions may of course be the reasons).

When women read this book, some of them may feel even worse about how men are. All the women

should demand that men don't masturbate. So after marriage, they can get better and richer smell of their respective husband's body that's naturally emitting from the skin, stone-stiff penis, long-lasting sex, richer sexual experience, thicker semen, and smoother body, for many years ahead.

That's only for the sex part of the marriage. Sex obviously is not the only thing in marriage. The meaning and constitution of marriage is much broader and is not to weaken mind and body by too much sex, but to strengthen both mind and body with mutual support, have moderated sex, and bring positivity and progress in each other's lives.

The best and safest option every way for both men and women is to have completely unmasturbated body until they get married, and then see the magic in life. There are a very few in today's world who have experienced it.

18. Applicability of this book to women

Until no specific book is written on women on this topic, women can almost follow various principles in this book.

This book, though primarily applicable to men, is also and almost similarly applicable to women for various fundamental concepts.

Since, everything is written about men's semen, so everywhere in the book mostly men are referred. But various negative effects listed in this book are applicable to women also, like pimples, digestive problems, the 40 day rule, and various other problems in body's bio-physics that happen due to masturbation, all the way up to chakras listed here. **Women do face more problems due to menstruation cycles, hormonal changes, etc. and may also cause red spots or pimples at times on the facial skin, which should <u>NOT</u> be considered as an act of masturbation.**

If someone wants to do a similar research on women, then it is probably important that such research be done based on both the modern medical science's concepts and that of pre-existing sciences, as both modern and pre-existing sciences differ at many places, and sometimes go totally in opposite directions. So it's always a good idea to consider all the medical sciences and use neutral view.

Part II – From history to present

19. The Dilution of knowledge

It is so important now to re-concentrate the knowledge that's getting diluted since long.

When the less happy or less knowledgeable countries attack others out of ego, 'feeling-less-than-others' or in a hope to gain more happiness in any form (be it wealth, power, control, land, business, expansion, etc.), what everyone gets in return is increased unhappiness, and also destroys with it a lot of the valuable knowledge, other than converting countries into gravelands, many cities torn apart to nothingness, and human lives under total depression and to hopeless memories for long time. The amount of time, money, efforts, technology, human lives, property, energy, etc. that a country spends in war is far more than it would need to spend to build everything it needs to feel satisfied and be at peace.

Most people in the world probably know that amongst all the forms of wealth some Asian countries, specifically India have, the best is its deep spiritual knowledge[58]. With the passage of time and through centuries, unfortunately, the knowledge has diluted and scattered everywhere, and quite a bit of it has also gone permanently destroyed[59] or vanished that was transferred verbally (since innumerable generations), and in written form (since centuries).

The knowledge that was discovered and existed in many countries in the world since long history has also vanished so much. Even if all the remaining knowledge across the world is collected, centralized, and used wisely, it can bring the world at such a historic time never imagined, close to like a heaven on Earth. With Internet and other communication mediums, everyone can connect with each other, and that's why, it is still possible to gather all that 'fast losing' knowledge, and then store forever and use everywhere we need to make life more worthy for everyone.

There are many larger truths in the world that are hidden, modified or diluted that are known only to a few. This is done usually for three reasons, the first

being, to gain money and power by those few who know the truth. The second reason, to avoid misuse of knowledge by some ill-minded. The third reason being for the good of everyone in the world, because, such truths can be well understood only by those who reach such echelon of understanding. It is not easy for others to digest such knowledge and can create world-wide chaos[60].

The chaos without knowledge, the chaos without patience, the chaos without fully understanding the truth, and, what's behind the truth.

Sometimes, a few people powerfully influence the world and make everyone believe the way they want to by altering the truth. There is nothing new about that. There are many things in the world with altered truths that are prevailing strong with only a few knowing the realities, and those few who know become the ones ruling the world. The only difference being that the earlier rulers (kings) were known to the world, but now they are not known to the most of the world.

Whether for greed or good, some truths eventually after a few generations are forgotten and thus remain

undisclosed, un-understood and hidden forever. Parts and pieces of the truth may prevail, but scattered. Then some people make stories out of it with their own thoughts, and make newer generations believe that to be the nearly-whole truth, unintentionally or intentionally. Others also make their own stories. Differences in these diluted stories create rift amongst them, as to whose story is true, but neither one's story is neither entirely correct nor entirely wrong. Only some parts of both stories remain true. Sometimes these stories are so powerful that they become culture, or even religion. Then in the name of culture or religion, people fight and even kill each other, to prove they are right, or to gain power, control, money, what-not. The very purpose of the story and the religion for peace and life enrichment is defeated every time due to fights and life degradation, and that too, cluelessly, i.e., without anyone knowing the whole truth. Each of them feels they are right but all of them go somewhere wrong.

'Live with it', 'Understand others with patience', and 'May be others are also right in their own way and in their personal, cultural, geographical, et al circumstances' are such things as if we haven't learnt

to live with[61]. Instead, we just learnt how to prove ourselves right to others by thoughts, words or using any possible force. Finally, everyone may go clueless on where the world is eventually heading towards, for good or for total destruction. The dilution of knowledge is happening since long due to man-made disasters (wars, hiding or destroying knowledge, etc.) and also due to natural disasters (drought, flooding, earthquakes, etc.).

Three steps we need to urgently take are,

1. Stop destroying and hiding knowledge,
2. Centralize and restore permanently what we are left with, and,
3. Continue re-discovering.

20. A word on the modern medical science

Both modern and ancient sciences play a very important role in defining our life, so what is the next possible step?

It is evident that modern science has done many great things, but everything mentioned here is generally in the context of the subject of this book only and not otherwise. Let's briefly examine what's going on with today's modern science.

Modern science conducts lots of researches on varied subjects, and modern medical science is one of the most important ones amongst them. Generally, once a research is 'complete', and results published, the research continues further to improvise and go deeper into the facts. All that 'sounds good' but the problem is, after almost every phase of such research we generally assume, and may also use the results and findings of such researches as if these are 'concluding researches'. And we do it too many times, if not every

time.

If a renowned research institute, scientist, university, etc. publishes a research, almost everyone in the world will start talking about it with implied acceptance, thinking they are lesser knowledgeable than those researchers, so it must correct.

Instead of re-discovering, exploring and bringing back the time-tested science, and then merging it with modern science for even better and quicker understanding, treatments, etc., we are now substantially using the incomplete and *we-are-still-researching* type of modern knowledge, and thus spending too much time, money and efforts. It otherwise would be far precise if we try to instead use that is already there to a great extent.

Knowing that our body is made up of complex combinations, proportions, temperatures, etc. of earth (including metal, etc.), fire, water, air, and space, then add to that our thinking patterns, living and eating styles, etc. all of it put together is what makes our mind and body, but still we mostly use chemicals to treat our physical and mental problems. Just like we

don't directly eat chemicals to live, but eat nature provided complex substances, i.e. fruits, vegetables, grains, lentils, etc., similarly, our body needs the similar natural combination of medicines. Whether it is food or medicines probably everything is available in plants, vegetables, fruits, flowers, herbs, minerals, et al. We are not spending enough time, money, and energy to put together the knowledge on these complex and natural substances for once and all, for the good of mankind. There isn't as much done as it should be to create the 'combination science' of pre-existing and modern knowledge. *We are probably not thinking enough about it.* Instead, many think that age-old knowledge is not of much use anymore.

Some modern medical science believers says something like – 'In those days they believed masturbation is not good based on the knowledge they had, but now modern theories prove masturbation is harmless'. When questioned about such statements, there were no concrete answers from them. Before believing such statements, a layman need to question them on how much of pre-existing knowledge have they researched and how in-depth? Such 'incomplete' statements are usually made from non-conclusive

researches. Nonetheless, modern medical science is now believed by majority and so is difficult to prove otherwise at times. Sometimes it seems as if modern science is gradually and completely removing the word 'believe' from the life as it understands only 'scientific data'. Whereas, people at large 'believe' what modern science says.

As for masturbation, why can't it rather say something like – 'If you learnt from your elders or pre-existing science then may be masturbation is not good, may be modern medical science has not reached to that stage yet to prove it, so as of now the modern medical science seems to assume that masturbation is harmless based on the research done until now, but it doesn't conclude that masturbation is really bad or good. We are continuing research on it and the final and concluding research may or may not be the same as what the long-established science says.' Instead, some modern medical science practitioners say 'go ahead, do masturbation, as much as you like, it is good for health'. Isn't that based on the incomplete research? It can damage lives of those who believe such claim and continue masturbating. Some modern thinkers say that the world has advanced so much in

various fields of science so people need to come out of the old thinking. Even when so many people complain of having some or the other physical and mental problems after masturbation, many modern doctors keep saying these problems have nothing to do with masturbation. Also, many do not seem to instead re-think and try to find if really there's a connection between masturbation and so many different problems that so many people complain about after they masturbate / ejaculate. The same people also say that when they do not masturbate for a few weeks or months they feel much better and the physical and mental problems they faced after masturbation also have either disappeared or lessened without doing anything and without any medications. Still, some medical professionals said somewhat like this – 'which age are you living in, masturbation is harmless and nothing to do with any type of problems in your body', 'there's nothing like excessive masturbation (semen ejaculation) as a person can ejaculate as much as he develops. If he forces to ejaculate more semen than he has in his body at that point of time then only it can be termed as excessive masturbation', and 'all you need to do is correct your thinking', and so on.

For any differing opinions why people end up saying 'which age are you living in?' How advancement in modern science has changed the fundamentals of the human body? What does 'old thinking' and 'new thinking' really means? It's no good to disregard the science that is coming from innumerable ages and that has taught us innumerable things on how to live a better life. We need to keep our mind open and shouldn't keep a general viewpoint that whatever is old theory is not good. Many old theories stand right even today with the changing times. In fact, more things are going wrong now in the modern world than ever before, there are more diseases, more mental problems, and more of all sorts of worldly problems now. More people were healthier earlier for the lifetime than now. All the modern and older scientific faculties need to rather have a joint detailed discussion on what really semen is and try re-discovering the root cause of all the issues happening due to semen loss, instead of promoting it as not just harmless but even healthy. Also, when modern science is still 'researching' then how does it have right to 'conclude' that older or senior or more experienced pre-existing sciences are incorrect for this matter at the least?

Youngsters, as in newer generations, specifically should not blindly believe statements like ‘new study shows’ or ‘new research shows’ or ‘startling new discovery proves’ or ‘startling new data’ or ‘latest findings proves to be otherwise’ or ‘new findings are more accurate’ or ‘new data’ or ‘new facts’, ‘we are beginning to understand now’, etc., etc., which itself means that it is inconclusive. Instead, consider all those sciences who say for sure that masturbation is harmful. This isn’t the first such book, some books on similar topic are written earlier also, but nearly lost, forgotten or out of publication.

Interestingly, there is a common question that many youngsters ask - “Does masturbation cause pimples?” Those who know tell them about it. But then youngsters want to confirm and ask this question to the modern medical science practitioners, believing that modern medical science is more knowledgeable than pre-existing science and knowledgeable elders, or because they think modern science have ‘all’ the scientifically proven theories. Since today’s science believes about masturbation differently, so when asked the question “Does masturbation cause pimples?” so many modern doctors and sexologists say – “The

answer is no" or "There's a skin problem, check with skin specialist" or "Masturbation has nothing to do with skin problems" or simply "Masturbation is harmless", and as if the discussion is closed. It ends up amongst youngsters believing that modern doctors said no, so it is no, and end up happily continue doing more masturbation and then nearly hopelessly try various skin treatments and creams to remove pimples and other related skin problems.

Long back when some knowledgeable persons used to say that there are living organisms in water that cannot be seen with naked-eyes, then many people in general of that time wouldn't believe or laugh at it like "where are the germs, the water is fully transparent, can't see anything in it". Similarly, about a century ago people in general used to think that yoga are meant only for monks, but now, everyone knows that it's for everyone, and, for that matter water does have microscopic living creatures. So to say, when any new theory comes into being, people have tendency to initially disbelieve and it takes time for everyone to understand, specifically now until modern science approves it. But no matter how much time it takes for acceptance and further research, somewhere it has to

get started and known to everyone what terrible harm really masturbation does to the mind and the body in the background. Someday, modern medical science will accept the fact that masturbation is harmful, and it will ask people to stop masturbating.

Ever wondered that today's science only speaks about *effects after masturbation*? Are there any or enough details published by modern science that talk about *effects when* ***not*** *masturbating*? There are many diseases caused due to masturbation. But can we find any diseases caused if a person does not masturbate? Is that not contradicting that today's science says masturbation is good for health, but also says masturbation creates diseases? So if we combine both statements it is talking both ways – 'Masturbation can create diseases, but masturbating is harmless'. Why suggest masturbation if it can create diseases? I read a modern medical science article long back where it said – "Do sex, stay young" instead of the age-old science that always says – "Don't do sex, stay young and healthy". Similarly, modern medical science says – "Masturbation is good for health", whereas pre-existing science says – "Masturbation is the cause of many diseases". Simply think, how can

throwing the vital elements and energy (semen) out of the body be good for health? If a person keeps masturbating he will never know what keeps going wrong in his body and he will keep visiting doctors for cures. The medicines may be based on symptoms rather than the root cause. Then these medicines may create side-effects adding to even more problems later on. Without having any clue such person may continue masturbating, developing problems, keep taking medicines, create side-effects, et al, which may keep going on till the end of his life. His entire life will anyways start lowering in quality, health suffered, money wasted, and for some, life may end much before time. This chapter isn't about criticizing anything but it's about two things, first, to hold-on, let's not make any conclusions that masturbation is good, and secondly, to combine the beliefs of pre-existing sciences and new sciences to create better understanding. Also, let's not forget that the advent of modern science is partly due to the facts that,

1. We have lost some of the earlier science due to various manmade events and natural calamities in the past,
2. The times, lifestyles and needs have

changed the way we live.

3. Patients now don't have enough patience and want quick fixes.

For certain things, modern science has effectively brought back (and continuously trying to) that was lost a bit and forgotten from pre-existing sciences. Modern science is obviously not purposely creating wrong theories or going in different direction but what may go wrong at times is concluding based on every phase of researches and also terming earlier knowledge as partly or wholly incorrect as in case of masturbation.

Finally, it is important to also know that medical treatments may not be very effective if a person has masturbated a lot or keeps masturbating thus diminishing the mind and body's receptiveness to medicines, treatments, etc. So here various medical sciences have got a valid reason to actually blame on a patient if medicines don't work too well or faster, if the patient has been or keeps masturbating often. But things go further wrong when doctors only term masturbation as harmless and healthy. No advanced medicine can work as good if there's little or no semen in the body. The one super medicine to cure most of

the problems is within the body itself, i.e. semen.

So to conclude,

1. As of now, modern medical science is not advanced enough to understand semen thoroughly and its interconnection with the entire body,
2. Its medicines can create side-effects[62],
3. It generally says masturbation is harmless, and,
4. People are masturbating a lot.

So, to make a better and healthier world we need to work on many things, and until modern research on masturbation is not concluded, at least no harm in **not** masturbating.

Part III – Now to the future

21. Medicines and cosmetics

The discovery up to DNA may be good, but first the basics of the body need to be understood well. Modern science is doing its best, but it is a long way, before it's too late then for the people.

Even after all that's written in this book, and may be in other similar books, gradually, people may forget the fundamentals in the times to come. Eventually, the cosmetics industry may spend billions on researching and selling their products to counter pimples and pores happening due to masturbation (that's already started but without realizing the root causes). It is important to always remember, store, and pass on the knowledge to the next generations like whatever we received and whatever new that we are discovering.

Some scientists may try inventing or modifying the genetics / DNA of a person such way that a

person's skin always keep glowing and is smooth. Scientists may even try modifying genetics / DNA to have immense and everlasting semen. In turn, create various unknown and perilous side-effects. That's our fundamental problem. We want a great body and do masturbations as well. Somewhere such two opposites will clash terribly and affect mind and body and may make the person something else.

Similarly, through laser surgery, a person may try removing all the pimples and try making it glow with smooth skin. There are already many people who tried plastic surgery or laser surgery to remove acne and then had various mental and physical problems.

When a person has a healthy body, skin usually remains firm, smooth and glowing. One doesn't need to spend a lot of money on cosmetics, and usually won't need to visit sexologist or other doctors.

One of the areas for medical science to discover and understand many things about semen is stem cells. But, even if billions of dollars are spent world-wide in researching all about stem cells, still it won't be enough, instead, all that need to be done is stop

masturbation and follow other regularities in life.

22. A positive future

If everyone stops masturbating, what future will hold for us?

With so much of masturbation, men (and women) are degrading the health a lot by each passing day (to be precise, with each masturbation). Let's see for a moment what can our future hold if everyone stops masturbation. But before we go there, we need to first prepare ourselves as below, at a minimum,

1. Forget and forgive – Until now, the true knowledge about semen had been disappearing fast from the world and was known by not many. Humans need to now use this knowledge going forward to wipe-out their past that was filled with various ill-effects due to masturbations. *So look only ahead not behind.* Future generations can be much better-off. No one should criticize those having pimples. Give them a chance to change now. They didn't know about it until

now. They even may have got misguided. *The true knowledge has re-surfaced.*

2. <u>Stop or at least lower the worldwide open nudity</u> – Men masturbate a lot after looking at the nudity of women. Nudity creates profound effect on mind both consciously and unconsciously. It is good for both men and women to understand each other and hide the nudity at least from strangers or best is to keep it only with the spouse. This again depends and is entirely up to each culture, individual, and also the country-wise laws that govern it.

3. <u>Stop masturbating</u>: From now on completely stop masturbating regardless of what age a person is at.

4. <u>Start educating about ill-effects of masturbation</u>: Start educating the new generation from now itself about the negative effects of masturbation and that they should never masturbate. Tell them how it creates amazement, and then begins the never

ending vicious cycle, so stay away and be happy. Penis is not meant for a person to use it by himself, but is meant for his wife (in terms of sex and obviously to give birth to children).

Now, once people stop masturbating think of the future world,

1. More power, vigor, and physical and mental abilities everyone will have. Most will look glowing, bright, more handsome, and more beautiful. *And it will be a nearly pimple-free world.*

2. Much less time, money and efforts will be spent by both men and women in taking care of the skin as it won't be required as much.

3. Much less time, money and efforts will be spent on various health care needs as the number of diseases should lower.

4. Much less time, money and efforts will

be spent on other various direct, indirect, and tertiary problems due to semen ejaculations.

And innumerable benefits that can be seen only when such a time come. The world will be a totally different place to live in. If any country keenly wishes to remove or lower masturbations done by its people, then at least some steps can be taken if not to completely remove by bringing complete awareness about the aftereffects of it, just like governments bring awareness amongst people on ill-effects of smoking, drinking, unsafe sex, etc.

Guidance can be provided to parents and teenagers. Regular medical check-ups and various tests can be done without extracting semen from the body. The tests can be useful for further research (e.g. Semen Medical Analysis, Research and Testing (SMART)). Data can be provided to the experts of various medical practices, and other pre-existing and modern medical sciences experts (e.g. nails of hands, analysis of five elements (pre-existing knowledge), white blood cell counts, etc. (modern knowledge), et al parameters).

Sex education in schools and colleges aren't recommended because the growing and curious young minds infact tend to do more sex than stay away from it. Sex education to kids and teenagers can be better handled after their age of 11 years by their parents' one-on-one (father to son, mother to daughter). Teenagers also find a lot of knowledge by themselves. If knowledge of its disadvantages is not given well in advance, then they may end up with just masturbating.

A note on the quality of sperm: The most important thing about quality of sperm and how good an offspring can be (possibility theory) depends first and foremost from the person's thought process, i.e. the richness of his thoughts. What he thinks, how he thinks, about anything and everything in life? Second most important thing is the type and quality of food he takes. Then is the bloodline, and then wealth, etc. Then what type of people are around him, be it relatives, friends, other social impacts, and so on. Quality of food may also include geographical location. Bloodline, wealth, etc. may relate to inheritance. Some factors may precede for some, while some may have different reasons for the quality of sperms, e.g. bloodline many-a-times play more important role than

any other reasons in determining the quality. In some countries one of the foremost criteria that parents check on the prospective bride or groom for their children is the family background. Family background essentially means the quality and type of people and not just wealth. Then only they proceed to talk about marriage proposals for their children. Qualities of sperms do exist and analyzing only bio-chemical content is not sufficient for that.

23. Make your plans

It is already time for every person to make a well structured plan on one of the most fundamental and important aspects of the mind and body, i.e. semen.

Just like a person makes plans for education, money, vacations, professional growth, retirement, et al, similarly it is important to make plans about the body that can give great benefits in every possible way for the lifetime. Regardless of what age a person is at, be it 11 years or 60 years (or even more), planning is crucial. A plan may need to be custom-made for each person. A person having work-life may get less time, but still best attempt should be made to accomplish this plan within the next two years. Students and others may be able to accomplish it in lesser time. Obedience is a must; do not try to escape it to gain maximum (and even unimaginable) benefits.

Here's a quick plan to start with,

1. **Stop masturbation** – No matter what[63]. An occasional nightfall may be ok

that may happen naturally. One may or may not wear langot for the first 2-3 weeks of this plan, but then ideally he should.

2. **Eat healthy food** – *See chapter "How to build good semen with proper food?"*

3. **Sleep early, wake-up early** – As mentioned earlier, make mind and body strong naturally by sleeping early (08:00 PM to 10:00 PM) and waking up early (04:00 AM to 06:00 AM). Ensure adequate and relaxing sleep. One can accomplish so much by waking-up early in distraction free and peaceful time that by noon, he may feel he is already done for the day.

4. **Do yogasans and meditations** – Unless you are advanced yoga expert, get lessons from a good yogasan teacher. Follow yogasan schedule for decades. Children at 11 to 15 years of age may be given basic to medium level asana and meditation techniques. Advanced asana and meditations are given as per the learner's ability.

5. **Workout, and other exercises** – Join a gym and get proper training through a gym instructor. Do push-ups, dumbbells, and sit-ups, long-walks whatever is feasible. Don't attempt to make large muscles, that's not necessarily true workout. Focus on small muscles and on increasing stamina that gym instructor will guide on.

6. **Think positive** – As mentioned earlier, think positive all the time, there's no other option to remain healthy, happy, and semen-full. Pick at least two good books on positive thinking, apply it in life, and keep referring a few pages from the same (or newer books) again and again every few days to consistently maintain positivity.

7. **Follow the guidelines** - Follow the various steps already mentioned specifically in the chapter '*How to protect semen and increase its strength?*' and also at many different places in this book.

8. **Maintain regularity** – Following regularity does not make a person like a robot with artificial intelligence, but makes him robust with more natural intelligence. Follow the plan with utmost regularity to see the true benefits. Irregularity doesn't help much. Of course, take some relaxing breaks in between. For point numbers 1, 3, 6, and 7 there can't be breaks.

9. **Gain more knowledge** – On any of these topics. It will help become more knowledgeable and stronger by mind and body.

24. Keep reading such books

Reading is a tonic to the brain. Keep reading for the lifetime.

Read this book (and any other such books) and the poem in the next chapter, as often possible or at least once every few days, or just flip on to any page of the book and you may end up on the right page that you may be looking for. If you don't read then gradually your thoughts, will-power, and confidence may dilute and can move towards masturbation again. The reason is simple, our mind and body works more towards what we see and perceive often. The world is full of sex and nudity everywhere now, so if you don't keep reading any books like this one, you will again lose yourself gradually and get fascinated by what's going on in the outside world and so towards masturbation.

To be able to keep yourself 'unmasturbated' and yet controlled and peaceful in mind, you will need to read such books. Once you read, your mind will be

able to hold this knowledge and willpower for a few days at the maximum. It will give you the needed confidence to not masturbate. After just a few days again you will gradually start getting inclined towards masturbation after watching sexuality everywhere. So keep reading such books till the end of the life to keep desires grounded and to deeply imbibe the concepts in your life as mentioned in such books. Keep reminding yourself the ill-effects of masturbation. It will give the ability to withstand the powerful storm of desire to masturbate.

Once again, and lastly, do not masturbate for no one else but your own sake, for your own present, and for your own future.

25. Eternity to unmasturbated bodies

Being extempore poet having written some such poems in an instant, here's one on semen:

Penis is not the lord,
But like a honey coated sword,
You must save semen,
To be able to remain,
Powerful all the way,
And keep ill-effects at the bay,
Remain semen-nourished,
Have life flourished,
Do not masturbate at the least,
If penis looks fun, then also can be a 'beast',
Do not touch, look, or do anything,
As semen is your life and everything,
Be full of semen always,
Live life to the fullest,
Be strong by body and mind,
You will know and you will find,
Let semen remain in body forever,

Be happy for ever and ever,
What it will give in return,
That no one will be able to unturn,
The power that you will possess,
No one will be able to assess,
Go to the upper echelon,
And you won't be touched upon,
You will be out of the worldly scrap,
And be there in heavenly rap,
Unlimited happiness will pour,
And the eternity will be your.

Part IV – Addendums

26. Common questions

Why don't have all of it scientifically proven about masturbation?

During earlier era, there were no modern electronic equipment, powerful microscopes, computers, etc. to show everyone the scientific results and prove themselves. Those times were different, the knowledge and understanding level were way different and higher in many areas from that of today. Also, the loss of capabilities of modern mankind to understand and hold such vast knowledge in mind, without any books, equipment, computers, tools, etc. are making such knowledge vanish fast. Also, high-level symptoms are not the root causes. For example, what one sees on a computer screen is not 'real' inside the computer, so one usually can't fix any problems of software directly on the screen itself. To fix the problem one may need to go to either the programming code, or the compiler code, or the assembly language or at the hardware

level to fix. Once today's science reaches to that level of root cause analysis in the human body, and is able to re-discover the truth about semen, it will be able to prove scientifically also that masturbation is not good and has so many negative effects.

Why not explain all this in medical jargons to make it look more scientific?

Well, first, which medical jargons should be used, allopathy, homeopathy, ayurveda, or any other? Is it necessary to use complicated jargons to make it look more scientific? Even many of medical practitioners will need to take help of medical dictionary to understand and be able to co-relate everything. If I use allopathy jargons, how easy it will be for homeopathy, ayurveda, and other medical faculties to interpret it. Similarly, if I use homeopathy jargons, how can others interpret easily? How can layman understand it? Secondly, we need to use the words and 'language' that everyone can understand. So it is also becomes easy and quick. As a small example, if it is written that – "masturbation adversely impacts chyle, plasma, stem cells ..." Will that be easier for layman or just say – "masturbation adversely impacts digestive system, blood, bones ..."?

How did you gather this knowledge that is not available easily?

You gain knowledge of the field you are interested in, knowingly or unknowingly all the time, every day, from any sources available to you and start accumulating it in your mind. Your mind keeps thinking about it and you may not be consciously aware about it. I was interested in knowing and learning all about it. For more details, read the addendum '*The culmination of this book*'.

Is it true that those who don't masturbate for long can't get erections?

Some laymen may have probably said this and it's a very short-sighted mere assumption. Sometimes, researches may be published for their marketing, publicity, funding, or unintentionally concluding on whatever they just found to be the end results. After masturbation, the person may keep getting erections soon again, and that does not entail that masturbation is good and also does not mean that if a person who is not masturbating may lose erections. After a person masturbates the veins in penis remain active for about 48 hours making the penis try to keep getting erected

during this time. If a person keeps masturbating quite a bit for many years then infact he may not get erections or may get erections for a very short duration or get only half-erection or ejaculate pre-maturely, and so on. But if a person does not masturbate then there are chances that even at the age of 70-80 years he may get hard erections. If a person does not masturbate for long, then such person actually has more power in his penis to hold it erected for longer time. Always remember, the long-lasted the semen is; more the power it has. The thicker the semen, the longer it has the ability to keep the penis stay erected, as semen and blood are like siblings.

This book as if is describing that the current world has lost lot of things, why, the world has progressed so much everywhere?

Progress of the world has happened in money making, space exploration, technology, and various other areas, which is different. In general, now people think that technological development means human development. What kind of a theory is that? Is it also not possible that earlier world was indeed far more developed but due to wars and natural disasters we are indeed moving towards destruction, instead of

development? How about so many problems the world has today and so many mental and physical diseases that's like never ever before? The true definition of 'human development' is nowhere close to the technological development. Consider if people stop masturbating (and regulated sex after marriage), then see within few decades how the world changes for good with the positivity-cycle ever increasing (many other things also need to be done at world-wide basis for that). Then it will be also easy to compare how it was, is and will be. The benefits are beyond simple descriptions.

Has this book covered all about semen or has more in-depth details?

There's much more science and it is not theoretically or practically possible to tell all about semen in a book. Reasons?

1. Just like one has to visit a doctor for various illnesses and who examines by different parameters and then only gives medicines, suggest exercises, etc. based on what seems right for the person's body, medical history, age, allergies and other

factors, similarly, the relevant knowledge on this can be given to an individual considering various physical factors, level of understanding, etc. Just like one can read various books and articles on medicine but generally doesn't cure all by himself, and can't become a doctor, but has to visit a doctor for cure or for deeper understanding. Books can be general, but for specific problem and in-depth details only relevant experts in that area can suggest what is right for each individual.

2. Each person has different physical and mental strengths. What is applicable to one may not be applicable the same way to other. It can't be written too conclusively on such things for that reason, since everything is not the same for everyone.

3. There are some knowledge that can't be revealed publicly, primarily for these commonly known obvious reasons,

a. To avoid misuse of such knowledge.
b. Only higher echelon people can

understand such knowledge in the right way and can hold it well, and then transfer it further to the right people.

c. To avoid unwanted problems when some corrupt minded persons try to use the knowledge improperly.

It was rightly said once by a guru that – "*Most people misuse the knowledge they acquired for personal and mean gain. They don't use the knowledge well, in good faith, for the benefit of everyone, and upliftment of the world. There are very few who can do that.*"

Some knowledge is better transferred verbally for generations onwards instead of creating problems in the world, even if the knowledge keeps diluting with each passing generation, unless the entire world is on same page and able to digest and accept such knowledge for good of all[64]. And that is nearly impossible due to the ego and greed issue of human that prevents it from happening. Though, within this book there is some upper echelon knowledge imbibed in the texts. Those who will keep reading carefully, for several times and keep recalling in mind what is

written and try to understand deeper will get the knowledge, step-by-step, automatically. *Knowledge within knowledge*.

27. Trying for a child? When to have sex?

This is a short chapter listing only a few pointers, and is not a professional or medical advice. A married couple should follow what their doctors recommend. What's listed here is not easily available, and may make it a bit easy if planning for a child. Though, it may not be possible to do what's mentioned here quite frequently. This chapter is based on pre-existing theories, modern practicality, and does not exclude what your doctor may recommend.

When trying for a child couples are usually semi-tired by evening. Many begin having sex with spouse at early night and sometimes soon after the meals. It is a known fact that when mind and body are tired, stressed or tummy is full, sex is at times difficult to do and satisfaction level is not as much. Many couple also end-up sexing in early morning hours, which again is not considered good as per several theories. The early morning hours, known as *brahma-muhurat* (brahma muhūrt, i.e. best local time of the day's 24 hours cycle

for mind and body), is to get up and do exercises, meditations, yoga, walk, good reading, etc. any fruitful activity that gives energy for the rest of the day. But not any activity that makes lose energy during such hours. So the best way out from both these times (early night hours and early morning hours) and also to have far more satisfying sex and increase the chances of having pregnancy is as below,

1. Have early evening healthy dinner.
2. Prepare to go to sleep between 08:00 PM to 10:00 PM maximum.
3. Put the phones on flight/airplane mode so no one disturbs.
4. Put an alarm on phone or clock for anytime between about 12:45 AM or 01:15 AM.
5. Both should remove all the clothes (or at least undergarments) and go off to sleep without doing any sex.
6. Wake-up at the alarm and begin lovemaking / foreplay, i.e. sex.
7. Be completely stress-free and let it happen naturally.
8. By 01:30 AM – 01:45 AM complete the

ejaculation by intercourse.

9. Clean-up and go off to sleep again, preferably nude.

Adjust the timing for early sleep and wake-up as per personal requirements and also based on how much time both need to climax, etc. Advantages of doing this are that both get relaxed physically and mentally for minimum 3-4 hours. It rejuvenates the body, brings more energy, and feels cozier. Chances of penis remaining erect and hard for even longer time are also high. Everything at this time becomes more suitable for better sex and chances of pregnancy can increase. After the act, it gives another 4-5 hours' sleep to relax. Needless to say again, couples need to follow the guideless, if any required, from sexologist, gynecologist, etc. based on both's health, menstruation cycles, which days to have sex, etc. Some believe not doing sex on certain auspicious days, and during daylight. It is entirely a matter of personal beliefs that one can follow based on what they feel is right.

To sum it all,

1. Follow the guidelines of your doctors as required for sex.

2. Check best nights to have sex based on menstruation cycles.
3. For those having various personal beliefs – check if the available nights have any nights when you can't have sex.
4. Of the remaining available nights, and based on other personal circumstances, shortlist which nights are most suitable.
5. On those nights, follow the nine point guideline mentioned above in this chapter.

A short note on beliefs on when not to have sex,

This is not a guideline but many people have questions about it, so just listed down some of the easily available individual beliefs on when not to have sex, other than medically defined days, like during menstruation days, etc. No one should unrespect others' beliefs as many sciences are beyond our today's common understanding. Some believe that following these rules gives more chances of having better offspring. So here's a short list of when to not have sex,

1. On any Saturday nights (has several theories attached to it).
2. At any time between around 03:00 AM

to about 08:00 PM on all days.

3. On no moon or full moon nights.

4. Defined auspicious days as per individual beliefs or per their deities.

5. As mentioned if any in calendar, etc. of each one's religion.

28. The one missing things

This chapter explains various topics in brief that are either directly or indirectly related to the subject of this book, or, gives a glimpse of human thinking or non-thinking patterns and how it affects our day-to-day life in some or the other way.

One missing question by doctors – the masturbation habit

Usually, doctors ask patients about their medical history, hereditary problems, age, any pre-existing ailments, etc. based on which, the type of medicines, quantity of dosage, frequency of intake, types of exercises, diet, etc. are prescribed. But that is not always sufficient, it is important to check the semenability of a person as that also is a factor to decide the natural body strength, the resistance power, et al. During initial discussion with patients, questions related to masturbation habit should also be asked, like if masturbated in the last few days, how many times masturbated[65], general masturbation frequency, since how long masturbating, etc. then

based on that as well, the medicines, exercises, diet, and routines may be prescribed. Though it will be difficult to measure the exact semenability of a person, but it won't be impossible and it will help both the doctors and patients to understand and decide the treatment plan well (how masturbation / semen ejaculation affects treatments is not included in this book).

One missing self-learning – What's happening with your body?

Just like an individual gains knowledge on different subjects, first as a student, then on the job, or for hobbies, and many things in life, similarly, one also need to be self-aware about his body. One of the most important knowledge that we neglect all the time is about our own body, even though our body is one of the most crucial things in our life. Most people want to know about the outside world, how about the inside world of body and mind. Without a healthy body nothing may be possible to materialize properly in life. *Health is wealth*. Every person need to focus and understand what's going on with his/her body. One should learn and practice to pay attention on the body every time after meal, waking-up, doing exercises, etc.

This practice will automatically give the person the knowledge about his/her body as to what happens and when, in his/her body. A person does not necessarily need to have detailed medical knowledge like a doctor for that. To help understand what it means, supposing if a person's stomach starts getting upset gradually due to any food intake or over eating, then, usually the person doesn't realize until it is late and then he may suffer acidity, pain, constipation, loose motion, and so on. But once a person practices to self-observe and be self-aware about the body, he/she will automatically start understanding well in advance before or just when any sort of small or big ailment begins and can take precautionary steps or treat or seek medical advice before it gets worse. The mind will gradually become more alert and a person will start noticing and feeling it at a very early stage when anything may start negatively impacting the body or mind. One will also learn that after eating what type of food, how spicy, etc. something went wrong in his/her body. Similarly, after masturbation, one may feel stiffness in his muscles, slight headache, indigestion, etc. (different things to different people). So don't take anything for granted and rather focus on everything that is happening within the body and one will automatically

gain knowledge not just about his/her body but also the causes behind it, by practicing the retrospection, i.e. what was done earlier to bring such effects on the body. So the next time onwards one can be even more cautious and thus keep even healthier.

One missing plan in life – Semen spending

Just like a person plans his daily routine for work, expenses, food intake, sleep, etc. to gain maximum from his life, similarly, a person need a plan to avoid diminishing his mind and body. The lesser the semen in a body, the lesser are the positive effects from food and medicines on the body. A person will automatically start doing better in his life in every possible aspect when having limited or planned semen 'spending'. Just like we plan for wealth accumulation and spending till the end of our life (i.e. study for about two decades, then earn money and regulate spending, so there's enough left for retirement life). Similar to that, a plan for semen spending is important as that goes in harmony with the laws of the body, age and of the nature. Based on various old texts, semen spending plan is a bit like this,

Stage 1

From birth to until marriage – Preserve semen. Don't let semen go out of the body (except for any medical reasons, and rare nightfalls).

Stage 2

After marriage – Regulate the sex life. Don't ejaculate too much. Preserve for post-retirement life (not for sex but to keep fit and healthy for as long as possible during later part of life).

Stage 3

Old age – The preserved semen will help live a healthy life by both mind and body as long as it can (semen spending not recommended now), and before diseases start creeping-in with later age. Still, more the semen in body, more the resistance a person can have to diseases.

Remember, *there's nothing 'extra' or 'for free' that exists in the body, everything in the body has a purpose and has a cyclic connection with each other*.

Just like a person invests money for appreciation and future use, similarly, leave semen 'invested' within the body. Over-spending can lead to faster body-

bankruptcy[66].

One happy present moment, many unhappy present moments

A person 'feels' only the present moment, he can remember the past and try to guess / anticipate the future, but can't 'feel' the past or the future. Every present moment keeps continuously becoming past. So constantly and continuously, future moment becomes present moment, and then present moment becomes past. So only the very tiny moment of present can actually be 'felt'. This is so continuous that it can't be easily and consciously probably observed. On the same front, when semen ejaculations are done too many times without understanding well about it, and beyond what body can handle, then those extremely short 'present' moments of enjoyment can lead to a very long term of ill-full and painful 'present' moments. One may at the most 'remember' those few seconds of semen ejaculations, but can't 'feel' them, what he actually 'feels' is all the pain that he is going through that are extremely longer. So each person essentially need to make a choice if to enjoy few seconds of each semen ejaculation to suffer for longer, or, the obvious is to restrain.

One incorrect step and searching for the answers for the lifetime

We spend billions of dollars in research, medicines, etc. to deal with premature ejaculation, erectile dysfunction, etc., and then we deal with various side-effects of such treatments and medicines, and so on. But instead, we need to get to the root cause of all this, which is primarily and mainly too much masturbation. If everyone in the world stops masturbation then within few decades many of these researches, medicines, side-effects, spiraling effects will be gone from the world. And more will be gone by next century. Each woman will have more sexual satisfaction from her husband. The world will be a better place to live. We are just missing to see the single root cause of so many problems in life, and we keep searching for answers elsewhere in different directions, and that's why we still don't get answers. For example, if the tree doesn't flourish well, then don't blame or try to find causes in the flower, leaves, thorns, trunks, et al, the problem may be in the root (or the land, i.e. the final underlying 'root-cause').

One missing understanding about earlier

age people

Pre-existing science is often clear, deep, and straight forward, though highly complex for our modern world to understand now, which we have made it ourselves. Earlier age people (historic) already knew in their times as to what future (i.e. today's) people will think, believe, adopt, etc. and that was the very first reason they started writing down everything. Earlier, they had almost permanent memories and would remember everything so they never needed books to read back what they learn. The written text was created for the very purpose of present and future generations so people have a place to refer as no one remembers now everything that they learnt. That proves how much knowledge they had and how much they thought for betterment of future world by inventing alphabets and by writing many valuable knowledge for us. Some of the knowledge is so deep and powerful that we can't even understand it well. That also proves that there's no point in telling ancient texts or people as unknowledgeable but instead they had incalculably more knowledge than what we have now and are yet to rediscover. Just because we found some caves with stone carvings doesn't mean entire world was in 'stone age' and unknowledgeable. We, in

fact take help of such ancient knowledge often to bring stability in our lives or whenever we are stuck in some problems having no modern solution. And there are some scientists, people, and countries that even secretly translate this knowledge and then not just apply in their day-to-day lives or scientific researches, but also sometimes proclaim as if they made the discovery and earn lifetimes of wealth and fame. Some such scientists think as if their knowledge-stealing will remain stealthily hidden forever and as if the world will never realize about it. When some such modern researches are published, many knowledgeable ones instantly understand that the ideas and knowledge are literally taken ('stolen') from ancient texts of different countries. Not all bother to mention that they first learnt such knowledge from ancient texts. Some such scientists, researchers from some countries are using this knowledge smartly from some other countries, and then giving back ("selling") the very same knowledge in 'modern' and 'scientific' way as if they invented it. That again brings to two point of views, one is that the people of such countries don't bother if someone else takes away their ancient knowledge (which may be good or bad, either way), and also that then such countries are progressively turning into

different cultures. *The commercial world is keeping everyone so busy and engrossed in materialism that no one's got time to think where they are heading and what's really happening to their lives.* The other view point is it is up to the people and the government of a country to decide a course of action on how to bank on their own knowledge coming from ancestors for their own upliftment (spiritually, culturally, financially, etc.) and of the world. Time and again, despite ignoring or criticizing earlier age knowledge, it gets proven that earlier age knowledge was highly precise, deep, and enlightening. It is also interesting to learn another fact that almost all of the knowledge in various countries is accessible and available to anyone in the world, but some countries keep their earlier age knowledge tightly secured and hidden from the outside world. *The world cannot grow like that.* The knowledge acquired should be used for the benefit of everyone instead of any despicable purposes. The fault is not of who is using it now, they may be in a way doing better also, but the fault is more of those who aren't as much bothered about their own ancestral knowledge. Nations with deep knowledge were once developed nations and innovators, now its other way. Some past developed nations have self-demoted to under-

developed or developing nations.

One knowledge hub that is missed out by the world

Some of the highly knowledgeable gurus don't even have any educational degrees; forget about being scientists or doctors. But they have so much knowledge that even scientists and doctors get awestruck when they get answers from these gurus to their modern science related questions. They feel the answer nowhere came across in studies and they never thought of in practice, then how these gurus can easily give answers to such complex questions without formal education or expertise. It will be much wiser to get knowledge from such gurus and incorporate that with modern world to create extraordinary knowledge and life. *Knowledge based life.*

One simple understanding for non-masturbators

For example, if persons A and B both have fifty dollars each, and if person B gives his ten dollars to person A then that does not mean person A has ten dollars more than person B, but actually twenty dollars more. This is a very simple example to understand

how masturbators lose all mental and physical abilities and how much non-masturbators gain. Non-masturbators, by preserving semen energy, can gain multiplicationaly higher abilities compared to masturbators who keep losing it. One keeps going up (non-masturbator), the other keeps going down (masturbator), thus the difference keeps doubling with every step, further add to that is one does cumulative investment and the other cumulative loss, respectively.

One unhealthy activity and too many losses

If a person stops this one activity of masturbation, then think how much time, money, efforts he will save from physical and mental agonies, ill health, visiting doctors, hitting the traffic snarls, facing road rages, burning fuel from vehicles, waste water for cleaning, paying for medicines, lowering productivity, being there where he shouldn't be at that time, etc. There are too many other connected losses that are difficult to list and describe. *Masturbation creates chain reaction of problems that converts into multiple chain reactions going in various directions.*

One of the ways of downward spiraling cycle of life

This is just a high-level example of how the spiral of negativities create. Modern science at present term masturbation as harmless > People suffer with various ailments, both mental and physical > people go to modern science for treatment > modern science treats ailments and symptoms by medicines > people buy medicines > modern science keeps saying masturbation is harmless > people continue masturbation > more people fall sick and enter into all sorts of problems > more people visit doctors with more of all sorts of mental and physical problems > medical industry keeps growing > more doctors are required > more doctors keeps saying masturbation is harmless[67] > people's ailments keep increasing > more of various associated costs (i.e. direct, indirect, and tertiary) increase > more time, money, efforts spent on medical industry > deeper ailments need hospitals > masturbation keeps parallely increasing > more doctors, more medicines, more pharmaceutical companies, more medical researchers, more hospitals, etc. are required everywhere > doctors, researchers, pharmaceutical companies keep growing bigger with all sorts of medicines to be developed for so many types of physical and mental problems > people keep getting weaker > the body starts getting cheaper (in

terms of health and by losing the important and good elements in the body) > all sort of mental and physical problems and side-effects keep growing and arising in people around the world > medicines keep killing symptoms and upper-level causes > people still can't feel right > root cause mostly unknown > downward spiral of life already began, and prominently a few decades ago with this > because people think that masturbation is good for health and is harmless > when will all this stop!!

The root causes of problems and downward spiraling life are many and obviously not just masturbation, like natural causes of ailments, naturally existing deficiencies, and bad food habits, inconsistent and bad lifestyle, food adulterations and impurities, consumption of chemicals in food, mental stress, etc. due to which there are so many worldly issues and diseases that have entered in everyone's lives. Masturbation just adds to that. The above 'spiral' is just for understanding and not the only reason for everything that's going wrong.

Regardless of whether a person has any ailments or not, the very first step is to stop masturbation.

Then see how the above cycle starts reversing back all the way towards more mental and physical happiness in life amongst everybody.

One missing chemical aggregations in food

Packaged foods usually have some chemicals mixed in it for longer shelf life, and to preserve / enhance taste, colors, flavors, etc. Such chemicals are usually not consumable by humans in general. That's why most governments have laws restricting the quantity of chemicals that can be used in such packaged foods, and which can be considered safe when used trivially as per the defined standards (though may not be good anyways in long term). But here is the catch, when a person consumes one of such packaged foods it may be safe on the body for the time being, but what has happened now is most of the packaged foods, snacks, soft-drinks, juices, etc. have approved amount of chemicals. So when a person consumes many of such different packaged eatables / drinkables together (and that happens often now-a-days), the total amount of chemicals put together from all such packaged foods can very well go beyond the acceptable limits on such person's body, which may cause side-effects, diseases, etc. in long-term due to

intake of so many and so much of chemical substances, even though it may not be easily visible in short-term (the only usual side-effect visible in short span on some people is acidity). Even if each packaged food may have chemicals within acceptable limits but when all the chemicals from all such food items consumed together are added-up, it certainly can go to unacceptable limits on the body. Most people fail to understand this basic idea and the food companies may never tell this. It should be part of the government law and to educate people at large on how much of all the trivial quantity of chemicals combined together is really safe on human body per consumption and per day. When I asked about it to many consumers, astonishingly none of them had thought of it. Many said "who's got time to see all that" or "I don't care" or "I never read labels", etc. And many food companies very well know this consumer behavior. Many consumers also said that they know of chemical presence in such packaged food items but never thought of aggregating all the chemicals from all the food items to understand how much chemicals they may be consuming at a time or on daily basis. (Unbelievably and unusually, some people went ahead saying like – "*These products are made by big*

corporations and they only do all the good, great, and perfect things for humans". Wonder this wasn't said only by some uneducated or less educated ones, but even believed by some educated professionals!).

Just like nutritional values are now prominently displayed on almost all food items, similarly, each chemical used should also be quantified and the maximum daily average consumable by an average person should also be mentioned for each such food items. So people will know about it and limit their consumption of chemicals. Just like people have learnt about daily average nutritional values, everyone will gradually learn about chemical quantifications as well, and will learn how to add all it up.

One missing thought – Inter-caste marriages & blood donations

Even the most modern of people today still believe in caste, race, and bloodlines, no matter now anyone in the world is marrying anyone and thus mixing all the bloodlines. Though that's entirely based on personal beliefs and absolutely no criticism for that, but think of the blood donations. Even if the best of the bloodline person in the world need blood for any medical

reasons, then such person will accept blood into his body without even probably knowing who the donor was, same race or different race, same culture or different culture, a beggar or a billionaire, man or a woman, from own country or different country, etc. So importance of bloodline is getting diluted with every passing day. How does donating or accepting blood of different bloodlines become acceptable to everyone, or probably many have not even given a thought to it? Why can't then marriages of different bloodlines be possible? Those who deny marriages in different caste system to avoid bloodline mix-up, will accept blood from other caste bloodlines if they need it for medical reasons. The fundamental thought process need to be corrected. Practically, in the future, all bloodlines will be mixed up with each other. This one topic itself can open up discussions worth tens of thousands of pages.

On similar lines, take another example, since millions of people have migrated around the world so what is the point of doing war and killing people of another country? Actually, these people kill their own countrymen too who are settled in other country. They also kill those with whom they have no enmity as they may be from other friendly country or anywhere in the

world who are settled in that country. So they may think they are doing war for betterment of own countrymen, but then also killing their own countrymen living in the ‘enemy’ country. No wonder in the coming centuries everyone will be living everywhere in the world, so with whom the war will be done (may be for greedy businesses)? Those wanting to follow their cultures will do in private only. The cultures will also be mixed up and diluted by then greatly. And as if all this has not already started since a few centuries. So if we think of various such aspects regarding bloodlines, castes, wars, etc. then all such ado will eventually disappear as it won’t make any sense in the future. Talking about the modern thinkers then, aren’t we still living in the old thinking? We have mixed up ourselves with neither of the followings in entirety. We don’t have time anymore from business and war in the world in various different ways. Businesses and wars are also now so interlinked in a highly complex web that no single person can possibly explain or understand it all. *Not greedy business and wars, but only knowledge can make everyone happy*.

One research that needs to be done

Though modern science does many researches, it

seems that one of such research has not come out yet (or I couldn't find any) on the big picture analysis on how the world is moving forward and what will be its aftereffects in near and far future. Just exploring the Universe without knowing about own-self may not make much sense. One of such research that would be good to see is why so many more doctors, clinics, hospitals, medicines, pharmaceutical companies, etc. are coming up everywhere in the world? Why are there more mental problems than ever before? It is not just related to lifestyle changes or eating outside or unhealthy food. What is going on with the world currently? Why diseases are increasing along with medical and other technological advances? These advancements were supposed to actually cut down on diseases and bring more time, better health, peace, and pleasures in everyone's life, then why is everything going the opposite? It is not that we don't know any of the answers, but still we are probably hardly doing anything to stop it. We are moving with the flow as we don't have time anymore to make a change. We don't have time to stop. The flow in opposite or wrong direction is moving progressively faster for anyone to be able to stop or wait or hold-on. Only a few daring and strong ones are able to swim to the opposite of the

wrong moving flow, i.e. in the right direction. Such people don't speak much as no one's got time to listen to them, but these few can see how everyone is going into unterritoried and misleading direction and about to fall and merge into the ocean of disaster and nowhereness.

The fundamental purpose of inventing various technologies was to make life simpler, easier, effortless, and healthy and save lot of time for humans, but we are busier now than ever before, our lives are more complex than before, we are more in numbers, but also more in loneliness, our life has become harder than ever before. We have got more diseases than ever earlier. Things aren't just moving in the fruitful direction in today's world, and we are not able to understand, analyze or get to the root of all these problems in life. Instead, we are still trying to do quick fix and working on removing it from the uppermost layers rather than going beneath.

The very reason for so many problems, illnesses, etc. are the proof of something's going terribly wrong in the world. Some of the key factors can be as below,

1. Too much corruption and dirtful politics (degrading nations)
2. Too much killings of humans, animals, birds, insects, water creatures, and other living beings
3. Too much use of electronics and wireless communications
4. Too much alcohol, drugs, and smoking
5. Too much nudity everywhere
6. Having sex with anyone anywhere anytime
7. Too much masturbation
8. Too bad food habits, outside food and with inconsistent times
9. Too much use of chemicals in food, water and other drinks
10. Not enough sleep and inconsistent sleep
11. Too much profit-only minded and commercialized world
12. Losing focus on morals, health, relationships, etc.
13. Too much increase in loneliness
14. Heading towards absolute lack of trust
15. Lot of all sorts of stress due to haywiring world

16. Not spending time and energy to understand ancient science that would help us understand our present better and foresee future.
17. Too much increase in materialistic temptations and personal greediness than taking onus for world upliftment by and for everyone.

Can we stop all or most of these? Yes, but it needs the world to come together and all the governments to take corrective course instead of just leaving on each worldly individual to deal with it. *When everyone around is happy, each one gets progressively more happiness from ever increasing favorable surroundings.*

One split understanding

Once, I coincidently happened to discuss with a person who was a following a certain religion. He had studied a book of that religion and said that religion is the best religion. I asked him if he has studied any other religions' texts. He said – 'No'. I asked him then how does he say that religion is the best and how exactly was he comparing with any other religion. He

couldn't answer and kept looking at me with a surprise look, then got wild at me thoughtlessly, and then started thinking inwardly for a bit. After several years, I came across another person following a certain religion and who also studied that religion's texts and said that religion is the best. I asked him the same question if he has studied any other religious texts and he said no and later his reaction also turned out similar to the previous person. So here, there are two things, first, a comparison is made of religions, and second, even a study was not done of two or more or all religions. If they would have rather studied various different religions they may not have compared, because all religions would say the same good things in different words and based on the times, understanding level of people, geographical circumstances, etc. valid reasons. *Those who study various religions rather keep mum thinking others are not going to understand the concepts, or, they discuss only with those few who can understand.* Nonetheless, comparing doesn't make any sense. Similarly, no one should compare or criticize pre-existing and modern science. Instead always try to bring different things together, for an entirely different level of understanding.

About two decades ago, one of my friends was told by his family doctor that "*one masturbation a day is good for health*". Other pre-existing sciences may like to re-phrase it as –– "*welcome to gradual self-destruction*". A few years after my friend's story above, I read in the newspapers sexologists saying that, masturbating alternate days or 2-3 times a week is safe. Now, some sexologists suggest masturbating only when sexually aroused is safe, regardless of how many times in how many days or weeks it is done. In general, I haven't heard any sexologists suggesting not doing masturbation as they consider it a harmless activity. One sexologist showed his frustration by saying something of this sort – "I am tired of telling this again and again to everybody that any number of masturbations and any amount of semen ejaculation is totally harmless."

Many years back I came across to read that eating a certain non-vegetarian item in each meal is good for health as per (the then) 'new research'. People would proudly talk about it and consume it accordingly. Then, after few years, the same or the different researchers came forward saying 'no, eat only once a

day', then after few years they said, 'eat only alternate days', then came 'eat only once a week', what you expect next, once a month, a year, or never in lifetime? As expected, after a few years again they came saying that 'new research shows that after certain age you shouldn't eat it at all'. Now let's wait for a few years until they come back and say that 'new research shows that no one at any age should ever eat it'. People will continue to nod their heads even for each phase of such type of ever changing researches and also reward them big (for first providing wrong research and affecting so many lives, and then accepting it to be a wrong research by suggesting people to not consume it).

Follow the trend of a research and usually it won't be too difficult to predict the next. And you don't need to be a scientist for that.

At times researchers say – "so what your grandparents were saying was not then incorrect either". So first declare our grandparents as being unknowledgeable and orthodox, then finally after making many rounds of research on the same thing, after many years or decades, say that grandparents (as

in pre-existing knowledge) were correct. Though this does not hold true for all the researches due to changing times, but it does happen for many, and will continue to happen for many things. There's always something to learn from olden times. Certain fundamental rules remain constant no matter how much the times change in the future with scientific advances, cultures, lifestyles, beliefs, etc. Similarly, in future, doctors, researchers, scientists may say *masturbation should simply be never done*.

It's kind of difficult to understand why we think we are smarter than our ancestors and think they didn't have enough knowledge. We need powerful telescopes and technology to first view and then say that certain comet will pass by Earth in certain time, and we have to do massive and complex calculations through various tools, computers, etc. to find that. Whereas in absence of all modern technology our ancestors used to tell exactly that after say 500 years on such day and time, such comet will pass by Earth with such and such properties. Our ancestors were also able to give the exact positive and negative effects of such comet on the Earth and the Earthlings, without any tools to analyze. How were they able to do all this

and we still can't? One classic example is the Hale-Bopp comet that was discovered by telescopes recently, but Indian old scriptures revealed later that it was already mentioned by an ancient scholar[68] centuries ago about it.

Now-a-days, unless we scientifically and visually see something we don't want to believe it, unfortunately so. Earlier, there was apparently more knowledge and more people used to believe what others are saying. *We seem to have lost all three, i.e. the true knowledge, the ability to understand fully that knowledge, and the trust.*

Another example of the knowledge our ancestors had without any tools, computers, etc. is how they knew the number of plants, flowers, vegetables, etc. It is considered since history and also by today's science now that there are about 2.4 million (exact number not yet probably determined) types of trees, plants, flowers, fruits, etc. all put together. Out of that, probably only a few thousand are consumable by human beings, rest all; the majority of them are not good for human consumption as food. Who invented this? What type of knowledge our ancestors had to

make these discoveries, how did they analyze all this without any modern laboratories? We are consuming today only and all those vegetables, fruits, and flowers (plant / herbal medicines not added here) that our ancestors told us. Modern science may have barely found any new consumable vegetation for humans. So why don't we think about this or accept that they had more advanced science and without any modern technology, than what we have today? Just because we invented DNA do we become really advanced? Though we may have lost a lot of true knowledge from past and got diluted into our today's beliefs but we do unknowingly still know and follow many of the true science that is coming with us since forever from the ancient ages.

Who discovered fingerprinting, numbers, palmistry, astrology, numerology, medicine, agriculture, herbs, yogasan, alphabets and written language (i.e. how to write and read that is heard)? There are other innumerable sciences they invented. And who is using all this now? We have simply inherited all this from ancient or pre-existing sciences.

Some may say – "modern medical science has

increased the average life, proving it to be right in almost every way". Increasing average life does not do everything for the people. It does not mean modern science has made everyone healthier. Infact there are more diseases than ever before. Increase and decrease in average life are always temporary phenomena. Historically, there was far longer life in earlier eras.

The Earth is coming at the brink of many natural disasters[69], and we stupidly fight with each other for land, power, technology, money, et al. It would be wise to rather spend time in gathering all the knowledge and make the remaining time on Earth a better place and time to live. *The World Optimization and Peace Project*. Forget about understanding the Universe, we don't even know well of our Earth, and so of our body yet. There are many things in the Universe that can only be *experienced*[70] and *felt*, but cannot be worded, described, written or explained in any other form or scientifically proven (by words or visually). If everything was so simple and already understood, we would have by now known all about the universe. Many things are not just mathematics, physics, or chemical formulae to explain so easily, there are too many mysteries and complexities, whether it is about

our body or the whole universe, and how they are connected, which cannot be explained using simple theories. Similarly, semen is a huge mystery that most have not been able to understand too well.

One missing perception

A lot of countries publish the richest people data every year whether it is of their country or the world's. Some countries have, in the richest persons list, owner(s) of pharmaceutical companies. Such person gets lot of fame and applauses for being amongst the richest. Why people only think of someone being just richest and not how the person acquired so much wealth? There's nothing to be happy about or fameful about, if a pharma company owner is amongst richest as it shows the terrible sorry state of health of people of that country or the world as the case may be. Unless large numbers of people need medicines and other medical assistance, a pharma company owner cannot be amongst the richest. It instead calls for an immediate check and corrective steps to be taken to improve the health of the public and not applaud in such case. Did you ever hear governments showing concern about public health right after the news of pharma company owner being the richest?

Historically, medical field of olden days around the world never shows it as a profession to earn riches.

One missing measurement – The inside fulfillments

The quantum of measurement of how well a person is doing in his life is not just by measuring his wealth, fame, etc. but from within what the person feels about his life, and what his achievements are from within, not outside. This is difficult to measure in today's life measurement systems due to over-materialism, but was very well done in earlier times using ancient sciences that are not easily known now. These are our lost and forgotten sciences. Every individual need to measure completeness within and that can't be done by looking at what others think or have.

One forever revolution

We have seen Agricultural Revolution, Industrial Revolution, Information Technology Revolution, Internet Revolution and many others. Currently growing is the Spiritual Revolution. The next that's already begun is the Space Revolution[71]. Knowledge Revolution is the only one that always existed before,

currently exists, and will exist, as it is the fundamental need mostly of the humans amongst all living species.

One of the examples where whole world may be going wrong

One thing to understand is that even if the entire world believes or follows a certain theory does not mean each should just accept it as-is and start believing it blindly. A person should analyze every theory as to how much sense really it makes to him. A simple example where the world is probably going wrong and we all started believing it to be right since at least the past few decades on one of the cultural thing, i.e. handshaking. Few know that handshake is injurious to health. This custom, that's why, probably never existed in the entire history of most of the major cultures in the majority part of the world. But now, majority of the world do handshake and has also become a routine, specifically in the professional world. It has become a first thing to do as soon as two persons meet, as a greeting gesture, whether formally or casually, and with a known or unknown person. A search on handshakes on the Internet will give many interesting facts. One may even stop handshakes from then on[72].

The funny part is, those few who deny handshake are considered as weirdoes and strange, or at times a person who initiated hand-shake feels insulted to take his / her hand back empty. But wait, insulted for what? For not shaking hands and by doing what is right, and by keeping both people (and others) away from any disease transmissions? That's rather weirdo. Stop what is not right. Don't worry about what others may think they will understand eventually and then remember such person again and appreciate him/her[73]. Certain things change in the world not just by revolutions or mass communications, but also just by the word of mouth or just by our own actions, though very slowly, but it does. It is better to use other welcome gestures like joining both the palms or bow down a bit or just smile or bow just your head down a little or similar welcoming and friendly or formal gestures (all these customs are followed in many countries since ages). There are many subtle benefits of using other welcome gestures[74].

Does handshake really make two people so friendly immediately, or does it do more harm to both's health? During handshake both may kind of

open the ‘energy wormholes’ in each other’s palms and thus welcoming mental and physical diseases into each other slowly, subtly, and in tiny quantities. Who knows what kind of germs both are passing to each other from both’s palms and from one to many or many to many with multiple handshakes.

There are too many newer diseases that have come up due to incorrect customs and lifestyle (and again spending time in finding medicines to cure them instead of root cause). Handshake is just one example through which various diseases may pass onto each other’s energies of different levels and forms, which collide and combine at the time of handshake. If one notices properly after a handshake the palm may feel weird with some sort of energies surrounding, intermixing, and mingling on the palm. Sometimes, it will remain for a while even after washing palms well with soap and water or after rubbing your palms on your cloths, or using handsanitizer, etc. anything. If this custom is not changed then after a few generations, it may become a defacto world-wide accepted culture, and gradually nobody may remember this to be harmful or unacceptable custom of greeting, or what all diseases it may create.

One night two days

Another simple example of how we follow strange ways of doing things. Why do we break a continuously and as-is running night into two pieces (that too just theoretically, as a night is anyways continuously running without a break) and say it as a new ‘day’ as begun? We call a ‘night’ as ‘day’, isn’t that strange? In common parlance we say a new ‘day’ has begun after ‘mid-night’, even though we also call it ‘mid’ night, meaning middle of the night. So we call ‘night’ and ‘day’ for the same thing and for the same ‘time’. About six hours on an average after sunset (in many countries) we call it a new day, whereas it is still the night. In many references we call sunrise as the new ‘day’, ‘a new beginning’, but still we say six hours are already past on the clock. How does that make sense? Isn’t that strange? Why don’t we call 00:00 hours at sunrise, and 23:59 as the last moment of the night, i.e. just before the first light of the sunrise or around the dawn? One of the reasons can be because sunrise happen at different times each day so we can’t make 00:00 hours every day at sunrise probably (though technologically it is now easily possible). But still, sunrise usually happens anywhere from 05:30 AM to

07:30 AM, so may be at least around 06:00 AM, which we call now, should be actually 00:00 AM. We cannot control the sun but we can set the clocks to anytime. Usually, by some military in western countries and where due to geographical reasons where the sunrise times vary a lot and where the day hours and night hours also vary a lot, this arrangement of making a new day at midnight was probably done. But it was never intended or required for other countries to follow, even when they don't have to.

One of the small side effects of following this way of calling a 'new day' post-midnight is that many people who do not know English or this time system, miss their trains in the night as they thought it was the next day or a day early. There were several examples heard about missed trains of past midnight or passengers stranded on train stations all night due to that.

Now people stay awake till midnight to celebrate the birthday by saying it's the 'next day' even when the night is still going on as-is, and the person was actually not even born till the real next 'day'. If we see the big picture (and from space) how sun rises and sets every

day to make day and night on Earth, it practically or theoretically doesn't make any sense to call 'day' to the running 'night', since night is just the night from sunset to sunrise and day is just the day from sunrise to sunset. Day means when light is there due to sun. Night means when sun is not there. We are now so used to following it since our birth that we are unable to think about it differently, or rather rationally. There are too many things that we follow from birth, so after growing-up also a thought doesn't even initiate in mind to think or re-think about such things whether they are right, wrong, or different. So the point here is that just because the world follows something, or starts believing something to be right (may be right to certain geographies) does not really mean that has to be right (for the entire world). Just like when all rats are running somewhere, and if the rats in the front row dive into the ocean, all other rats follow them without even waiting to see or learn where they are heading to, and everyone dies or ends up in trouble at the end. Similarly, we humans, even with unlimited possibility of intellectuality, follow many things blindly without understanding the depths and truths about it. That's one of the reasons why so many people in the world are clueless and lost. We fear of looking as

weirdo, and then knowingly, we end up doing what is not right, and then suffer without knowing the reasons behind it, or even blame others for our sufferings. It is just that bandwagon effect.

One missing activity in life – The search for immaterialism

Most people in the world will try their best to accumulate 'material' or anything that is made up of elements / substances (that can provide food, clothing, shelter, and all sorts of basic as well as luxury items) around them and they will find ways to do that without any specific training. But very few people live and train themselves to 'leave' 'material' to achieve *non-material things* in life. Our body is made up of material and so we try to gather material all our life and spend all our time and energy into it. We 'attach' more material to our material body, and also like to claim 'ownership' of all such gathered / owned material. Our consciousness or soul as we call it is non-material and for that hardly anyone does anything, not understanding, that our body is only superficial covering over the 'non-material' consciousness / soul, and body being temporary, not everlasting. *Everlasting can never be anything that is*

'material' as material will keep changing with its material-lifetime. Everlasting can only be such a thing that does not have any 'material' attached to it and so is also non-material (material-less / substance-less / element-less / atom-less) by itself, which is nothing but the consciousness / soul. Because it does not have material so it is constant, i.e. cannot change, as change applies only to material. So we put all our time and energy on material things that are never going to last forever, instead of putting time and energy on material-less thing (consciousness / soul) that will last forever (It is of course purely based on individual beliefs). If a person is able to differentiate and understand clearly that 'material' body and 'material-less' consciousness are indeed two distinct 'entities', a lot can be achieved by him/her in life that only he/she can measure, since finally, with the passage of time, everything becomes 'immaterial'.

For once, let's do three things

Three things to do to become the master of everything you want to do in life,

1. **Preserve semen** – May take someone to understand anywhere from one line to a

thousand pages on how, why, and what all needs to be done for that. It does not mean to not have sex or stop semen ejaculation forcefully by any means.

2. **Live in absolute present** – Not in the past or the future but live in absolute present till the smallest possible time count for as long as possible and see the unimaginable wonders in life. There are various yogasans and meditation techniques to help learn that.

3. **Purify the entire mind and body** – May take someone to understand anywhere from a thousand pages to ten thousand pages on how to purify, why to purify, etc. To purify each individual, it also requires restructuring various things in the world.

29. The culmination of this book

It is deeply hurting to see so many people in the world doing so much of masturbation. There are advantages and so disadvantages of having the topic of sex as a closed discussion. Out of all the knowledge about sex that is available, what should be openly discussed and what shouldn't, need to have its boundaries. But the fact remains that until few decades ago, it was a closed discussion in many countries. Specifically, after Internet was born, so much is now openly discussed at least in the virtual world and so many websites are there to talk about and provide knowledge on sex. The juvenile age seems to have lowered from 18 years to 14 or 15 years in many practical ways. The kids are now far more matured at much early age due to various factors of life, changes in the lifestyle, open culture and open availability of knowledge in today's world. It was difficult in those days to gather the knowledge that was neither openly discussed nor books available easily in market. But upon learning some disadvantages of this quite closed topic of sex, it made more sense to first

know all about disadvantages, rather than getting into fancy knowledge about sex earlier on. Initially, it was tough to understand and gain the crucial knowledge that is in this book, since it is not easy to find even now-a-days. It took quite long time to research, comprehend, and gather this fast disappearing knowledge.

Once I came to know of some of the basic ill-effects of masturbation, like pimples, vein twitching, constipation, etc. and later learnt and researched on more devastating ill-effects, since then, I decided to write, as everyone must know about it. I always feel so bad when I see youngsters with so many pimples on their face and feel like telling them about it right then and there, but this difficult concept that too unproven by modern medical science yet, is equally difficult to tell to any one, specifically to the strangers just like that. I thought I can't see people like this anymore, masturbating and masturbating, and destroying the crucial fuel of their life.

My goal was to find, explore, and join the dots of the nearly lost and scattered knowledge to almost complete the jigsaw puzzle about 'What really semen is

about?' Yet, I know there's so much more to understand about it, and beyond it. Pre-existing sciences helped a lot in that quest along with some bits from modern science too. If we want the entire world around us to be healthy, wealthy, and happy, then one of the first steps towards it, upon puberty, is to not masturbate. Let the generations ahead be more confident with their clean and smooth face from the outside, and far healthier and powerful by mind and body from inside.

Again, this book is not written to promote celibacy. If interested to know about celibacy, one can find a lot through many available books and Internet, and so, one can also find a lot about the opposite, i.e. the hallucinated good things about masturbation. The objective of this book is neither of them, but only about the negative aftereffects of masturbation, and why and how to stay away from it and enhance inner strengths, energies, and knowledge. After writing down my research of so many years, I also started checking on the Internet on modern thinking of the world, as the information about fancy sex is now far easily available almost everywhere. Unfortunately, hardly any knowledge is available on disadvantages of

masturbation.

What I could find over the Internet, was unfortunately, just similar to what majority of the world now-a-days think of masturbation as a good to do activity, and how most of the people follow it. That became in fact the scary part thinking what to do when majority of the world now believe that masturbation is all good. I literally lost hope for a while and started thinking again if it was all worth for me to put so much of effort in writing all this and if people all over will even accept what's mentioned in this book, so whether I should publish this book or bury it forever. But if that's done then with it will be gone the knowledge that is so important for everyone now and for the ages to come. There are a handful of people left who know and say to not masturbate.

The theory and practice on importance of semen retention do exist in many countries or similarly known, but again may be only to a few people and may not be publicly available in detail through books or Internet. Why doesn't everyone who knows or has the knowledge about it publish it for the good of the world?

Finally, I saw the light, and confidence that came as I found three books that talk about the negative impacts due to semen ejaculations *(see addendum 'Additional (must) Readings')*, which inspired me further to go ahead and publish what I have written in this book. And so also the reviewers always inspired me to. I knew what I have learned, unearthed, and understood, and so the treasure of this rich knowledge needs to go to everyone and protect men and women from the terrible aftereffects of masturbation that they do on to themselves.

Semen retention probably is one of the most difficult things of the Universe that has now remained only with a daring few. In today's world, at least let the present and future generations (both men and women) know certain critical things about masturbation so they don't cause damage to their lives in some or the other way. If someone doesn't know how to swim but likes the ocean does not mean he jump into it. Similarly, sex is a natural attraction but that does not mean to keep doing it. It is not really about staying away but controlling / restraining what you are attracted to. It may sound strange but that's the true

principle of the Universe, which teaches to have self-control and self-restraint to bring harmony and balance to make it better place to live. If one doesn't follow the rules, troubles are there to come sooner or later. Many modern believers and masturbation lovers or people with various other beliefs and thought processes may somewhere oppose to what's written in this book, but that does not mean wrong paths should be chosen, and that masses of people should be at loss, and human lives not just be degraded, and also put the future to risk.

Over-masturbation can become the weapon of self-destruction, and collectively, it becomes the weapon of mass destruction. Masturbation seems to have started just a few centuries ago by a few, which now most people seem to be doing. Some say masturbation originated from western countries, which then seem to be claiming that masturbation always existed around the world since forever. Many say that masturbation never existed earlier, at the least in the Asian continent. Just by looking at some paintings, sculptors or written text that was created just a few centuries or a couple of thousand years ago does not make the entire history. World over,

masturbation seems to have come from the recent history, not from the far history.

Different people in different parts of the world may accept, if not fully, but at least in parts what's mentioned in this book. Some may accept it more where awareness exists about importance of semen retention and where their old texts also mention about it. Out of the billions of humans of today and future, for whatever number of people who will believe in it and stops masturbating, at least they will be saved from various negative effects mentioned (or not mentioned) in this book, and turn towards higher and eternal positivity and happiness in everything they do.

Part V – Additional Readings & References

30. Additional (must) readings

I feel lucky to have received some of this critical knowledge right at my teenage that unfortunately most teenagers at that age don't get. But I was probably not as lucky to have found ready books on it all these years and had to do all the research on my own and was quite a hard-work.

Current and future generations won't have to go through all that and are probably luckier. They have now at least four books with them ready and researched to read and adopt in their life far more easily (and hopefully more knowledge on it will come from more re-discoveries and further researches).

Here are the books one must refer, apart from this book that you are reading right now,

1. **Brahmacharya Hi Jivan Hai**

(celibacy is the way of life) by Swami Shivanand - This book is straight to the point and focuses deeply on how to protect semen.

2. **Bramhacharya Vigyan** *(the science of celibacy)* by Laxman Narayan Garte - This book focuses on virginity and how to protect semen.

3. **Bramhacharya Darshan** *(understanding celibacy)* by Upadhayay Amarmuni - This book talks about various topics, short stories, etc. but all relates at the end with virginity. This is a bit upper echelon book and expands the boundaries and meaning of virginity.

From the names of the above books one can think that these are only about celibacy but that's sure not the case, which you will know once you read it. Unfortunately, you need to know Hindi to read them as currently all the above three books are only in Hindi. Unless such books are preserved, translated, and published time and again, an important knowledge can be lost, and then in the times to come,

the aggregate reality may be forgotten. It will be then too late by the time the world realizes what terrible thing masturbation does to the human body. All such books should be re-marketed, translated in various languages, and re-published by the efforts of every government or publishers at least once every 20 years. Otherwise, we are calling for the knowledge extinction that anyways has already been happening since long. By the advent of Internet we assume knowledge explosion is happening, which is also true, but the knowledge extinction we are referring to is of the various such pre-existing sciences that are so life transforming and deep on so many things but are not enough referred by modern mankind anymore in general. Before we see that day, let us read, preserve, and transfer to the next generation all that knowledge.

31. References

The references are categorized as below,

1. Medical Sciences
2. Yoga Science
3. Religious Beliefs

Medical References

Let's take a quick look over what various medical sciences[75] say about masturbation (or semen) without going into details. To understand in depth one can refer the actual medical books or check out various websites on the Internet or have a discussion with the doctors of the respective medical practices.

1. **Ayurveda**

Dhanvantari, the father or the inventor of the Ayurveda medicinal practice described well about the importance of semen as – *The secret of health lies in the preservation of semen (vital force of life). He who wastes this energy cannot have physical, mental, moral and spiritual development*. Ayurveda, being one of the oldest medical practices in the world, even

today emphasizes the same principle. Almost all ayurveda doctors and books still say the same. One can find more about it in various ayurveda books, ancient ayurveda scriptures in Sanskrit, or various websites on the Internet.

2. Homeopathy

Homeopathy has detailed sections in its medical theory specifically on the ill-effects of masturbation, various symptoms and remedies. It believes that masturbation drains out the vital energies of the body and is the cause of various diseases. The many of the ill-effects listed in this book are mentioned in Homeopathy as well.

3. Naturopathy

Naturopathy doesn't promote masturbation and thinks of it as an unnatural or abnormal activity. Naturopathy understands masturbation as a harmful activity for mental and physical health. It too has remedies to cure masturbation problems.

4. Siddha

Probably considered as the oldest medicinal science of the world, Siddha and Ayurveda are still

similar in many ways. Siddha believes that semen ejaculation causes imbalance in the five key elements (earth, fire, water, air, space) a human is made up of leading to various types of diseases.

5. **Unani**

Unani has similar concept like Siddha and Ayurveda except it believes human body is made up of four key elements (earth, fire, water, air), and that semen ejaculation imbalances these elements causing diseases.

6. **Traditional Chinese Medicine**

Traditional Chinese Medicine (TCM) includes several fundamental principles and functions of the body, one of them being 'Containment'. 'Containment' includes one the things as stopping 'emission' or 'leakage' of semen as it is considered one of the important things to take care for good health. It also has similar concept that disharmony (or imbalance) in body fluids and in the 'fundamental functions' is the root cause of various diseases. The five key elements in TCM are also partly similar to that of other medical sciences, which include – fire, earth, wood, metal, and water. *(Source: Wikipedia.org and various other*

websites.)

7. Allopathy

It is probably the most prevalent, most recent, and unfortunately controversial at times amongst people for different reasons. There are more number of doctors and researchers of allopathy medical practice now-a-days that suggest masturbation as a healthy activity, and a very few doctors believe the opposite, i.e. masturbation being harmful for both mind and body. That makes allopathy controversial on masturbation topic as well and not just within laymen but also within the allopathy practitioners. Allopathy doctors have differing opinions about semen, whereas no other widely known medical sciences have differing opinions (i.e. ayurveda, homeopathy, naturopathy, siddha, unani, TCM, etc.). Other than allopathy, most other medical sciences, from its inception, say one and the same thing that semen is a life force so never waste it, as loss of semen can cause various mental and physical diseases.

8. Others

Various other medical practices like Japanese, Tibetan, Korean, etc. seems to have many similar

concepts like of Chinese, Ayurveda, etc. Each of these medical sciences denote the same thing, regardless of from where and how they came into existence, and believed the very importance of semen fluid as one of the key substances in the body that is required for healthy mind and body. Almost all the pre-existing medical sciences have mentioned about semen as a vital energy / force that's present everywhere in the body in both visible and not visible forms.

Allopathy so far seems to be the only one saying semen ejaculation is good for health and claiming that 'excess' or 'old' semen / sperm need to be removed from the body. No other medical science ever seems to be saying either of that[76].

~ ~ ~ ~ ~

Yoga Science

Almost every yoga expert will say that at advanced stages of yoga practices, one need to stop semen ejaculation, as it is required to succeed the advanced stages of yoga and meditations. One of the foremost and acknowledged yoga teachers in the world since the recent known history is considered to be Patanjali.

Amongst various verses Patanjali wrote over 2500 years back, there are some verses, amongst others, that specifically talk about restraining sex (contextually, for this book, is to stop semen ejaculations). These verse[77] numbers are,

Part	Verse	Gist
I	20	'Veerya', with broader interpretation also means semen, is required for advancements in yogasans and meditations.
II	30	Chastity is one of the five greatest things to do in Universe (also believed similarly by some other religions).
II	38	Absolute chastity is of prime importance for energy generations and purifications.
II	40	Energy purifications and advancements can be done when not even touching any other body.

The actual text of these verse numbers in Sanskrit (by Patanjali) and their translations (done by many) are available in some yoga books and on Internet that can be easily found.

~ ~ ~ ~ ~

Religious References

The references below are from those religions whose texts are easily available. Some of the verses were written as instructions to the holy saints

(spiritual gurus) who have left the material world, but whether saints or normal person, both are humans and the biological science of both are same, being humans of the same category on Earth. These verses are interpretively translated and with broader perspective based on the understanding of the humans of today's world and as applicable to normal material-life living person. Also, the focus during interpretations / readings was kept only on the sex or semen related references in each of verses. Many of the verses are coming from about 2600 years, at which times exposing the body sexually was probably not in the thoughts of people, at least in certain geographies. Even at such elegant age of the world if all those verses were required, then think of today's world how much important these would be when men and women have started exposing their bodies to nearly 100% nakedness in front of those, none of whom are his / her spouse. Those verses also prove their applicability and generalization even after so many generations and various cultural changes in the world in the past over two thousand years. Reasons? Fundamentals of human body and the importance of semen retention are still the same. At each echelon of knowledge and understanding, the same verses give meaning at a

different level suitable to that echelon, thus also showing the genericness and the power of these verses.

Celibacy is described in detail in various religious scriptures and also in various other books since centuries. Every religion, yoga, pre-existing medical sciences, etc. have almost the same definition denoting its unanimous interpretation, importance, and acceptance. The definition of celibacy is briefly described below only for the purpose of understanding and to know that 'no masturbation' is also just one of the parts of celibacy.

Absolute celibacy includes,

1. No semen ejaculation by any means.
2. No masturbation.
3. No intercourse.
4. No physical relationship (not even touch) with any one.
5. No sex in thoughts, words, or actions by any means.
6. Not watching anyone (including self) lustfully.

And many more that then keeps getting deeper

and at minute level.

Once again, this book is not advising to practice celibacy or become a monk, but discusses only the negative / ill-effects of masturbation for the material-life living persons. So in essence, this book generally recommends avoiding masturbation and at the most, briefly recommends regulating sex life with wife, but does not say to become celibate.

Let's now take a quick look at what various religions scriptures talk about importance of semen retention.

1. **Jain Aagams / Sutras**

The below references are from the verses of the Jain Aagams / Sutras (authoritative texts / books) that are published since centuries by many publishers. The translations may differ a bit amongst different translators and based on the changing understanding levels of the world during different times, geographies and other causes.

There are over 35 old scriptures[78] that are referred from 27 Aagams / Sutras that are part of

authoritative and constitutional text of Jain followings[79], and which has collectively probably over 500 verses, directly, indirectly and linked, dedicated on semenity, celibacy, etc. alone. The most important sutras describing significance of semen retention, etc. are,

1. Shri Aachaaraang Sutra (Part 1 and 2)
2. Shri Suyagadaang Sutra (Part 1 and 2)
3. Shri Sthaanaang Sutra (Part 1 and 2)
4. Shri Samvaayaang Sutra
5. Shri Gyaataadharma Katha Sutra
6. Shri Upaasak Dashaang Sutra
7. Shri Antgad Dasha Sutra
8. Shri Anuttaropatik Sutra
9. Shri Prashnavyaakaran Sutra
10. Shri Uttaraadhyan Sutra (Part 1 and 2)
11. Shri Nishith Sutra

2. Hindu Scriptures

Hinduism believes in preserving sexual energies through semen retention rather than losing it through ejaculations. Preserving semen is considered as foundation for enriching life in every possible aspect, and for encompassing mental and physical strengths, specifically until the person is married. After marriage,

it suggests a regulated sex life with one's own wife and mostly for procreation (to give birth to child). At latter stage of life it again suggests to stop semen ejaculation completely. Some people inadvertently say that Hinduism is silent on masturbation. It is totally wrong to say that. Hinduism has huge importance on semen retention and celibacy. The authoritative book on sex education by Hindu Saint Shri Vatsyayana Muni, i.e. Kama Sutra, has become more famous in modern times probably due to increase in craze for sex everywhere. But it is primarily supposed to be for married couples and for them to fulfill the physical love-making responsibility properly for a satisfactory that part of the life as well. Kama Sutra is again mistakenly considered as one of the key Hindu scriptures comparing with Upanishads (authoritative Hindu scriptures), which doesn't make sense as Kama Sutra is about sexual pleasure (i.e. worldly / materialistic) and Upanishads finally talk about and direct towards 'Kevalya' or liberation from everything. They kind of become contradictory scriptures that can't be part of the same Veda (fundamental Hindu scriptures). It is about lack of understanding how different scriptures are written and for what purposes. Many people also believe that Kama Sutra was written

by Vatsyayana much after all the Vedas and Upanishads were written (but the exact date is probably unknown and varies a lot amongst different historians). Some of the most authoritative and fundamental Hindu scriptures[80] specifically mention about the high importance of semen retention through various verses.

Some Upanishads talk very briefly, some directly, and some indirectly, but none of them interpretively nowhere says to do masturbation. These scriptures also denote that for material life living person sex is an activity to be done with own wife only, and that losing / spilling semen in any other ways is not good.

The Upanishads giving direct and indirect importance to celibacy, restraining sex, protecting semen, etc. are referred in the following authoritative scriptures – Bahvricha Upanishad, Maha Narayana Upanishad, Darsana Upanishad, Katharudra Upanishad, Narada Parivrajaka Upanishad, Nirvana Upanishad, Paramahamsa Parivrajaka Upanishad, Prasna Upanishad, Sanyasa Upanishad, Satyayaniya Upanishad, Siddhantabindu Upanishad, Sri Chaitanya Upanishad, Subala Upanishad, Yajnavalkya

Upanishad, Hamsa Upanishad, Jabali Upanishad, Katha Upanishad, Sandilya Upanishad, Taittiriya Upanishad, Sariraka Upanishad, Mundaka Upanishad, Paramahamsa Parivrajaka Upanishad, Aruni Upanishad, Maha Narayana Upanishad, Bhavana Upanishad, Trisikhi Brahmana Upanishad, Surya Upanishad, Yoga Kundalini Upanishad.

More specific mention about importance of semen retention, etc. is in,

1. Aitareya Upanishad
2. Brihadaranyaka Upanishad
3. Chandayoga Upanishad
4. Dhyana Bindu Upanishad
5. Varaha Upanishad
6. Yoga Tattva Upanishad

3. **Manusmriti**

Another important Hindu scripture known as Manusmriti[81] mentions about semen, sex, etc. as below (only some verses added from the many, also, interpretations may differ a bit amongst different interpreters / scholars). It also mentions in different chapters that to do various rites it is important to have

not ejaculated the semen.

Ch.	Verse	Gist
2	55	Proper food is important to ensure strength otherwise such food itself can lead to semen ejaculations thus reducing strengths.
2	88	A person should, to control his (sexual) organs, stay away from these organs itself that can drive him crazy, and also stay away from attractive, glamorous, etc. 'things' that can raise his senses.
2	93 to 100	By going crazy over (sexual) organs (and thus ejaculating semen), a person will feel guilt within and gradually can lead to unsuccessful life, but by controlling sexual urges such a person makes the path of success and ability in whatever he wants to do in his life. Craze increases by doing sex, not by not doing it. Such person cannot know or understand the true knowledge. No religious or otherwise studies can help him if he keeps going crazy over sex. A person need to remain neutral instead of having craze over sexual organs, otherwise soon he may lose himself.
2	180 and 181	Voluntary semen ejaculation and even involuntary nightfalls / wet-dreams are considered as waste of energies from a man's body.
7	44 to 50	Many harmful bad habits can spring from the desire of sex* that can destroy a person's life, and thus control over the senses is a must.
11	121 to 124	Masturbation or semen ejaculation by any means before marriage is the breach of natural vow of studentship / learner, and after performing various penances such a person gets his lost energies back and purifies himself after one year.
12	31	Not surrendering to the urges of the organs** is the quality of a good person.
12	38	Sex* addiction can bring such a person into darkness.
12	73	Desire for sex* keeps increasing the more a person performs it.

*Masturbation here contextually for the purpose of this book.
**Refers to not just organs of sex but also of taste, hearing, speaking, etc. as well.

Note: Only the names of the Jain Aagams, Hindu Upanishads, etc. are mentioned here to keep it short. Adding details may add over 50 more pages to this book. Details on each chapter no., verse no. and brief description about sex, celibacy, etc. in these verses referenced from these scriptures can be made available separately upon request.

4. Bhagwad Gita

There are several verses in Bhagwad Gita that talk about absolute celibacy. Many scholars have interpreted these verses to include masturbation within the list of forbidden activities in celibacy. Many people around the world distinguish between celibacy and masturbation. Briefly the very meaning of celibacy includes two important things, i.e. no contact with other body, and no semen ejaculation. Bhagwad Gita includes the below verses talking about celibacy (interpretively for this book, no semen ejaculation or masturbation is considered). The verses are,

Ch.	Verse	Gist
4	26	To gain control over mind and body, celibacy* is a must through all the five senses of human body, i.e. touch, taste, smell, see, and hear. The married couples must also have completely controlled and regulated sex.
6	14	To perform and advance in yoga, sex abstinence in every form** is a must.
8	11	To advance step-by-step to the higher realms of mind, body, knowledge, etc. one of the necessary things is to retain semen*** in the body.
17	14	The hardship of sexual desires must be tolerated. Self-cleanliness (by thoughts, words, and actions) and simple life is a must. This helps purify the mind and the body, like purified gold that's obtained by removing / separating other substances.

*At least masturbation abstinence is to be considered for this book and here.

**Masturbation being one of it for here.

***Bhagwad Gita's original scripture used the word 'celibacy' instead of 'semen'. As detailed earlier, celibacy includes various things and masturbation or semen ejaculation through any means is one of prohibited activity of celibacy, so shorter interpretation is taken here for understanding and that is relevant only for this book as of now, so we won't jump on the topic of celibacy at all, but remain focused only on masturbation restraint.

5. **Buddhism***

Masturbation is a forbidden activity though primary focus for it seems to be on the monks and nuns who are also required to follow absolute celibacy. Buddhism also states that sex with self-body, including masturbation, is a sexual misconduct. It may be broadly interpreted here that whether monk / nun or a material-life living person, both have same biology and are same type of humans, thus masturbation may be improper in some or the other way for both types of people. Though there's probably no explicit mention for material-life-living person.

6. **Japanese Religion***

Majority of Japanese follow Buddhism and Shinto. It is said that both Buddhism and Shinto religions are similar in many ways or at least not contradictory. For the purpose of this book and to remain brief, Buddhism is assumed here.

7. **Taoism / Traditional Chinese Religion***

Believes masturbation lowers the energies and

vital forces from the body.

8. Korean Religion*

Koreans mostly follow Christianity, Buddhism, Islam, etc. religions. So it may be considered here similar to what these religions believe.

9. Islam*

Though there may be probably some differing opinions on it and it seems that overall only some scholars believe it is not sin in Islam, but far more number of scholars that translated Islamic religious texts or are considered authoritative people on Islam believe that masturbation is strictly forbidden except while having sex with own wife.

10. Shi'a Sect*

Masturbation is completely forbidden.

11. Sunni Sect*

It has some differing opinions even though in general all seem to be prohibiting masturbation. Some completely prohibit it and some probably allow masturbation only in certain situations.

12. **Sufi Sect***

Though it seems to be considering masturbation as wastage, but some scholars term it as a 'safety valve without destructive consequences'. It may be probably suggesting that though masturbation is harmful but if a person cannot control his sexual urge by any possible means then to avoid grave consequences of harming someone else for sexual satisfaction such a person may rather end up masturbating and thus self-abuse instead of someone else, again, only in circumstances where a person is not in his senses to hold / control / release / channelize his sexual desires into any other morally better activity.

13. **Zoroastrianism***

Considers masturbation as unpardonable sin and self-trespass / self-invasion that cannot be compensated for the loss.

14. **Judaism* / Jewish* / Torah***

Masturbation is forbidden and thus ejaculating sperms (and semen) in vain is considered a great sin.

15. **Bible***

Bible probably does not speak of masturbation directly, but it does give importance to chastity even

for youths (both young men and women). It may be denoting indirectly, inexplicitly, or interpretively that the young men and the young women who are unmarried should follow chastity in all aspects. Chastity has much larger meaning, which also generally includes no wasteful semen ejaculations. Religious text of such earlier ages were easy to understand and in its completeness by the people of those times, but due to changing times and meanings we have to re-interpret based on the times now to make us understand what they wanted to tell us.

16. Catholicism*

Catholicism from the beginning taught that masturbation is considered as a moral disorder that frustrates the natural order, it is sinful, and that the seed (sperm) should not be vainly ejaculated, damaged, or wasted. It seems now-a-days some think of it differently and term it 'as part of life' though that's probably not approved or accepted by the original Catholicism.

17. Eastern Orthodox Christianity*

Considers masturbation as sinful and does not accept 'self-pleasure'. Sex is considered to be a marital

relationship. The act of masturbation is kind of considered selfish, not showing love for any other person and is considered distorted.

18. The Church of Jesus Christ of Latter-day Saints*

Masturbation is considered as self-abuse, serious sin, slavery of flesh, and indiscretion.

19. Jehovah's Witnesses*

Masturbation is considered unclean activity that also promotes corruption in attitude and mentality.

*Source: Wikipedia.org website and other respective religious websites. It is assumed here that these webpages that are either written or referenced from various sources, is by authentic or respective religious authorities or from authoritative or approved or accepted sources. This book does not talk specifically on any religion or religious beliefs or promote or dis-promote anything. Also, for that reason this book or the author does not authenticate the accuracy of what's mentioned about beliefs in various religions. The references here are briefly written merely for the purpose of understanding at a basic

level on what different religions may be thinking about it and how various religions more or less seems to be saying similar thing about masturbation, semen ejaculations, importance of sperms, etc. For any further details, confirmations, or to find exact religious beliefs, reader is advised to refer the respective authoritative religious books, gurus, teachers, etc. that is more authentic option before forming any opinions based on what's mentioned here in this book on any religions.

Many countries now follow common religions with some variations based on their understanding, availability of various resources (natural, man-made, etc.), changing times, geographical needs (e.g. some extremely cold weather countries may need to modify some part of religion as suitable for their region, some countries with extensive availability of sun can have differing rituals, beliefs), etc. various factors matter to the stringency of religious formations and its implementations. Many countries regardless of color, race, origin, geography, etc. follow Christianity, Taoism, Islam, Buddhism, and other religions in different forms and with many branches, sub-branches, wholly or partly merged religions, and

variations within that. Many such branches of various religions also seem to have the same root or parent religion or merged beliefs from more than one religion, and now a lot of these branches of religions have their own distinct religious names also, with geographical regionalization, etc. Having said that, it shows that most of the different 'parent' and 'branched-out' religions still say nearly the same thing about semen retention since so many years and centuries regardless of geographical locations, people, religion name, etc. All the types of references above denote that regardless of the religious 'sciences', yoga science, various medical sciences, culture, understanding, beliefs, or probably despite mutual differences, etc. almost all humans in the world believed in preserving semen within body in natural state. It doesn't look like a quite co-incidence that worldwide all humans were unknowledgeable in all the previous ages from pre-historic times to the recent known history even though they all thought similarly when they probably didn't even meet each other or knew each other's beliefs and living in isolated cultures, in different geographies, with different religious practices and beliefs.

Conclusion

As a person goes to higher echelon through very long-term semen retention, and at the final stages, he loses all connections by mind and body and with everyone and everything. He also lives in absolute present, i.e. neither past, nor future. Then, the power of the entire Universe starts gradually entering into him. To be able to do that and be able to hold all the powers and knowledge within, semen (including sperms) is one of the most critical things in the body that can help one reach there. Need say more?

Living in the past means destroying the future, living in the future means destroying the present, but living in the present means wiping out all the past and building a great future ahead.

In several very old scriptures it is mentioned that an uneducated / layman who retains semen for a very long period is considered more powerful and respectful than an educated person having various other material-world knowledge but is not retaining

semen for long. Following the “No Masturbation” policy will also help make the presence of mind unbeatable, and that will do a lot. Live better life by not masturbating. Better life cannot necessarily be explained in terms of outer and material happiness or wealth. It is far richer than that, and an experience of true internal happiness and peace.

Even if masturbation isn’t stopped entirely, and done occasionally, then don’t feel nervous, be bolder and make even stronger attempt to not masturbate again. There are some men who do not masturbate at all. One should ensure to be amongst the non-masturbators club, i.e. those who do not masturbate. The true fruits of not masturbating will come later on, just wait and watch for a while. Remain informed, be more knowledgeable, and always remind yourself the terrible ill-effects of masturbation.

When sex drive comes in mind, or penis start getting erected, immediately do other productive things to convert it into positive energies, instead of the negative energies that masturbation generates in mind, body, and life. Practically, no one can stop a person from masturbating and nobody may be

watching when he is masturbating. One needs to be honest with self, and take the right decision in life.

Life is as beautiful and as hell depending on what decisions one makes.

There are many things to do in life, for self, for near and dear ones, for a better future of everyone, and many things to be improved in the world. So let's get started with the right thing from where the adulthood begins, i.e. from the age of 11/12/13, and many good things will come by, which are so much better that one would have never dreamed of and will wonder such happiness also existed in life. A person will surprise himself. A person may not even realize; that because he is not masturbating; good things are automatically coming to him in his life. Of course one can't escape from other duties of life and need to fulfill those also diligently.

As soon as one starts following the principles in this book, he may start getting lot of physical strengths and feel much fresh in his mind and body even in less than 40 days. It is quite possible that one may start thinking that 40 day rule is too much and also that it is

not necessary to follow all the principles stringently. It is also possible that a person may get over-confidence with increase in his energies. At such time, simply keep maintaining the routine life and don't get feel excited. It will be an awesome experience within, very contenting, fulfilling, and rewarding.

Finally, don't underestimate whatever's written in this book no matter how much of new experiences you get from within, as nothing is over-mentioned. Those following the practice of not masturbating and gradually reaching the upper echelon of better health, mind, body and spirit will start understanding themselves from within. For now, just stop masturbation and let's see the next later.

Disclaimer

This is not a professional medical book, not a prescription, and not a professional or medical advice. Various factors matter to each individual's body and mind, so what's written in this book may or may not apply to everyone in similar manner, and may convince differently to different individuals. Instead of simply adopting the modern medical science's currently existing differing theory, the author has done a fresh and ground-breaking research that includes almost every form of perspectives coming all the way from the ancient age to the most modern scientific theories. Various analyses in this book are also based on real individuals. It is up to each individual to entirely or partly accept or reject whatever and whichever way the content of this book is written. The author also believes that modern science has probably a long way yet to scientifically reach there to be able to precisely link everything that goes on in the body of humans, and so to conclude for good or bad effects of masturbation and semen loss. The author has taken a completely neutral view and tried to understand both

earlier age and newer theories regarding masturbation. It is because of that the book explains the concept in simple and modern way about the truth that is coming from innumerable years. The use of this book is entirely upon the reader, and author does not own any liability or outcome from the use of any concepts, theories, explanations, trials, tests, etc. from anything mentioned in this book or other referenced literature. Reader should seek advice from doctor / medical professional, etc. before trying out anything in this book. This book contains information that is only intended to help the readers become aware of the concepts mentioned in this book. There's much more knowledge out there yet to re-discover, and to continue the search for all the answers we need.

~ ~ ~ ~ ~

The true purpose to unearth the knowledge is to use it not just for self or humans, but for the benefit of all living beings.

---

[1] Ojus is a Sanskrit word. We will cover some details on it in this book and one can also search over the Internet to know more about it.

[2] How many of us really think what happens in

the body after food is consumed? How many know how does the body obtain the necessary ingredients from the consumed food and how and where these ingredients reach in the body?

[3] Many theories suggest that it usually takes about 30-35 days for a healthy youth to rebuild the one time of lost semen. But in this book we will consider minimum 40 days looking at the irregular food and sleeping habits and today's lifestyle issues, because of which it may take even longer to rebuild the good and healthy semen.

[4] Currently, we mostly understand the chemical energies of any substances. There are other types of energies still not identified. For example, an atom emits three types of light energies, viz., soothing cold energy like moonlight, hot energy like sunlight, and dark energy, i.e. darkness. This science of atomic properties is not explored in-depth yet. Just like there are massless particles in the Universe that we don't understand well.

[5] One of the natural reasons for semen to push itself and the sperms forcefully out is so sperms can travel with semen as distant as possible, and quickly and easily reach to the uterus in vagina, for the final natural goal of fertilization, i.e. to have child.

[6] It takes good 12 to 13 years from birth to develop good amount of semen in a body, and that's just the beginning, but then so many youngsters as if want to ejaculate it away and thus weaken themselves with the progressing age.

[7] Low semen here refers to the artificially lowered semen due to ejaculations, not naturally low semen since birth or due to other health conditions that some may have.

[8] We are not talking here about other things that need to be discarded from the body like running nose, ear wax, and dirt in nose, dirt in eyes, growing nails, hair, etc.

[9] As soon as sex comes to mind, it sends signal to sex organs to gradually begin to release the pre-cum. Pre-cum is a bit like the gate of a dam, once pre-cum is released, it opens the gate for semen and sperms to ejaculate next. Initially, pre-cum starts releasing in tiny quantity (like a droplet), which one can feel in urethra (urinary tube in penis), that moves slowly towards the exit point of penis. As soon as you realize about it, (which will come by practicing self-observation) stop sexy thoughts in the mind right there to stop any further release of pre-cum to protect semen and sperms.

[10] One need to limit the frequency of intercourse and not do often otherwise the negative effects is there for both husband and wife. Also, this book doesn't say anywhere about sex / intercourse with anyone, as that will amount to promoting sex with anyone, but rather intercourse is specifically mentioned as a post-marriage activity and with own wife only. Culturally and personally, it is up to an individual on how he wants to accept it or not. It is said by some that having sex with more than one person can make the person disease prone and weak. *More the messier, not merrier*. Someone nicely put it in short as – *'If you have sex with many, you will soon fall down."*

[11] Some sportsmen would avoid sex for several weeks before their games. Why? Because the five to six weeks (or about 40 days) theory of semen redevelopment is known to some people since long ago.

[12] Ejaculation during day time is even more harmful and can weaken the body more than in night time. Daytime is for mind and body to do work and strengthen mind and body.

[13] Some religions say that killing any form of living being by any means disturbs the nature's cycle

(as in each living being must end the life at its own natural death). When that happens, nature keeps correcting the disturbances in its cycle and during the course of correction process various unexpected and terrible events can occur. Unfortunately, much of this *cyclic-reaction-knowledge* is lost now, but the bottom-line that's still known is that killing makes nature uneven, and when nature tries to make itself even, then humans and other living beings may have to face terrible outcomes. That's nature's automated unpardoned 'retaliation' to even out with what humans purposely did to it. It is important to understand here that killing does not mean only of animals, birds, or humans, but even plants, insects and any minutest living creatures, whether they can be seen by naked eyes or not (i.e. microscopic). If that's how it is, then we can be more cautious and stop killing, and if we don't, then we know nobody can stop nature.

[14] For indicative calculations see chapter '*Indicative semen recovery timescale*' to get general understanding and how recovery is possibly done in the body.

[15] Brightness is always liked by everyone whether it is bright and sunny day, bright ambience, bright lights, etc. usually anything that sparkles or shines.

Similarly, smoothness is liked by everyone. So is the case with the skin of the face and the entire body as well.

[16] Watery shine on the face and the body is the best glow. Watery shine is like light reflecting from water. Some gurus have gigantic knowledge and very high in spiritualism but may not have glow as they do lot of penance by not eating or eating very less, and various other penances that depletes their body.

[17] Vein twitching / vibrations are a language denoting something of the near future or the health of the person or his physical, mental, emotional, etc. state, but details about this science is not yet found. It may also be indicating the weakening of some part(s) of the body not necessarily where the vein vibrates. Probably someone may know how to interpret it. Today's science gives different reasons or can't give any precise reason for it as of now.

[18] Ancient science say that it is the brain on how it functions when a person is eating, which leads to how the food is digested. So if a person is thinking too much of other things or is a lot frustrated or have any type of pressure and stress in life, then the food may not help him gain weight, because the person is not focusing on food, and is way too much in his own

thoughts while munching the food. If a person indulges himself in the food by focusing on what he is eating, appreciating the food, enjoying the taste, without worrying about anything else in life, etc. at least for that much time then chances are he may gain weight. If a person pays attention to different things when eating, like watching television, talking a lot, etc. then his focus is shifted, and his mind, eyes and tongue are not focused on food. By paying attention elsewhere the digestive juices doesn't work as good for the body. The mind is focusing on two or more things at the same time and neither one are achieved perfectly as it needs to be. A person who is a foodholic (food addict) and craves for the food may have more chances of gaining weight. Not all fat people eat more than thin ones. Infact, many thin people eat more than fat people. When eating just look at the food positively, and enjoy the food, don't think anything else, chances are one may gain weight (so to lose weight, a person may think about doing the opposite to what's mentioned here, but that's not suggested, and may not be good for the mind and body). Many people even end up eating tiny harmful flying insects at dinner when looking at TV instead of food.

[19] Whenever stressed or depressed, instead of

getting into negative abyss of thoughts, one of the best things to do is to sleep, and give a break to the thought process. Sleep relaxes the brain and the body, so when you wake up you will feel better and can start thinking positively afresh. When you give time to your mind, even big or complex things in that situation eventually may look small or easy in the big picture of life.

[20] This is a generalized statement and does not include any specific human body conditions and reasons, medical or otherwise, for which it may or may not be necessary to do itching / scratching.

[21] When a man has a smooth skin it automatically makes a great impression, the glow on the skin naturally attracts everyone whether men or women. Not sexually, but it creates natural curiosity about such a man with the feeling of something special or knowledgeable or powerful about him. People like brightness naturally. They pay attention and also naturally like to hear when a man with smooth and glowing skin speaks. When the skin is smooth and glowing, the color of the skin really doesn't matter, whether it is white, brown, black, reddish, pinkish, et al, it will attract everyone. A person may not feel anything indifferent between the smooth skinned person and a pimpled person once he knows the guy

very well, like being friends or a relative, colleague, etc. Boys below 12 years of age usually have natural smooth skin. Once they start masturbating their skin gradually start looking wooden-like or harsh as the age progresses. Those who do not masturbate usually have even more glowing skin in teens, twenties, and even thirties onwards.

[22] Think of all the tiny benefits one will get by not masturbating. Also, lesser number of razors will be required (across months / years) thus saving money there too, as each razor will last longer and also more importantly give better shave due to smoother skin. By not masturbating one can save money on all sorts of health related products. Be it medicines, cosmetics, razors, facewash, creams, skin treatments, etc. When you put all the tiny and tertiary benefits together it actually becomes big in day-to-day life and also in long term. Those having smooth skin, even if they don't shave may give a better facial look as compared to those not shaving and have pimples, pores or rough skin. Beard usually looks better on smooth skin.

[23] Some companies and even individuals come up with newer ideas for skin tightening so as to look younger and have glowing skin. No matter what ingredients are used generally, e.g., fruit packs,

artificial substances, fruit skins, cucumber, turmeric, etc., the basic idea is that if the ingredients are semi-solid or sticky, then after applying it on the skin, it will dry up in a few minutes, so it will automatically harden a bit thus making the skin contract / tighten with it. The ingredients need to be safe on skin but basically there's no rocket science in that. Some herbs, fruits, etc. do sure have skin enhancing ingredients, but using any such methods have at least one thing in common and that's about drying up of such ingredients thus causing contraction and tightening of the skin.

[24] Prostate cancer does not look historically very old, and regardless of whether it is a new disease or old, it is seen far more and rising since the last probably couple of decades. No wonder to learn that almost all those who are following celibacy in their lives don't have the prostate cancer but rather, a lot of those who have, were or are actively doing sex or have masturbated quite a bit in their lives. The celibates or absolute virgins do not masturbate almost ever in their life and also have minimal number of nightfalls in their life. These people usually are the healthiest, having least number of diseases, and least number of any physical or mental problems.

[25] Some theories differ in number and types of

fundamental elements humans are made of.

[26] Chakra in Sanskrit means like 'wheel' in English, they refer to the location of circular energy centers (life-energy) in the body. Chakras can't be seen by naked eyes, and these are part of subtle science of human body.

[27] It is similar to one of the Ayurveda principle that says harmful gases generated in stomach must be released as soon as possible from the body, but it is even better if such harmful gases don't get generated in stomach at all in the first place. Similarly, sweat should come out of body, but healthier bodies naturally and usually would sweat lesser.

[28] Many people in the world think that what they are thinking or doing is not thought of or done by anyone else in the world ever. They feel they are the only ones. But that isn't the case, mostly no matter how good or how unusual someone may be thinking or doing, there will be some other, or many others, having similar things in mind and actions.

[29] There are some food ingredients that increase sex drive in the body, so one should avoid such foods to avoid masturbation and nightfall.

[30] The different ways people masturbate is terrible. People take various objects and find unusual

ways to masturbate. Some consider this as degradation of morals in this modern world.

[31] Whether one is watching, listening, talking, or doing sex, in all the cases, mind may direct the body to transfer more blood in the penis, causing erection.

[32] For rich people, only less masturbation is mentioned, not the quantum of other 'forms' of sexual pleasures they may or may not be indulging into, as they can usually get 'everything' they want easily, though there's no specific research done on it and not required to be added here. This note is like the probabilities theory for 'possibility due to the availability of means', which does not entail that it is necessarily done by all or some. It is only mentioned here to avoid someone thinking differently or otherwise, about the sexualities of the rich and the famous.

[33] Many good hotels have excellent and expensive beds that are very relaxing to the body. It is worth investing extra money on buying a good mattress, than lose the invaluable semen.

[34] Sleeping on the left-side (heart-side) is considered by some theories as the best sleeping position. Also, as per *Vaastu Shashtra* (vāstu śāśtra, i.e. the science of architecture, e.g. for homes, offices,

etc.), one should keep head on the south-side and legs on the north-side direction, or, head on the east-side and legs on the west-side direction when sleeping. It aligns with the magnetic fields of Earth and gives better health for mind and body. Sleeping with north facing legs is considered good for progress, and sleeping with west facing legs for peace in life.

[35] Some spiritual gurus require their students to wear langot all day during their spiritual training period, or, some monks wear that as the only cloth on the body all the time.

[36] Rare ejaculation usually shouldn't do any much harm.

[37] Regardless of masturbation, follow what's mentioned in this point for lifetime for better health.

[38] Drink fresh water preferably and not previous day's / night's stored water.

[39] It is mentioned in pre-existing sciences that sleeping after sunrise (the worst times being between 09:00 AM to 11:45 AM local time) and during early evening (between 05:00 PM to 07:45 PM local time) is most harmful for health. So do not sleep between these hours as much possible. Try to take post-lunch nap if possible for half-an-hour to an hour in the afternoon. The best rule is – *sleep early, wake up early*. Do not

take afternoon nap everyday though, but only for 2-3 days after ejaculation has happened.

[40] I have met several patients having bone problems and also met orthopedic doctors on what they recommend to their patients. They of course suggest good exercises, diet, etc. and the required treatment based on each patient but surprisingly none of the doctors ever recommended going to bed early in the night and waking up before sunrise each morning. Waking up early and before sunrise naturally strengthens the bones without anything else to do during that time. This I learnt from old texts of pre-existing science many years back, and some people also know of it.

[41] It may not be possible to get ice cubes in the bathroom when family members are around as it may be difficult to answer when anyone asks about it. In winter getting cold water from tap won't be difficult at all. During summers, one of the ways is to get the ice cubes in the bathroom is to rub it on face after shaving to get a smoother and tighter feel on the facial skin, though ice shouldn't be used each day on facial skin but only once in a while, as some men do it. So the remaining ice cubes can be added to the water to then pour that on the testicles.

[42] If nightfalls don't happen to you ever or very rarely (except due to any medical conditions), that means you anyways could be a strong person (physically, mentally, or both), it is just that you may not have recognized yourself well.

[43] For men, male guru is recommended. Similarly, for women, female guru is recommended. Certain discussions, knowledge, and guidance may not be possible to receive from opposite sex that same sex guru can give.

[44] I have to write it here that non-masturbators are not just normal but better than masturbators in terms of physical and mental health as lot of youngsters now-a-days who masturbate tease non-masturbating youngsters that they are abnormal if they aren't masturbating. This makes the non-masturbating youngsters then to masturbate to fit in the masturbators brigade and prove their manliness, etc. It sometimes makes them more confusing about such things.

[45] Some people claim to eat meat for proteins, whereas for all the vegetarians, if they aren't already aware, there are lentils and beans that can have even more proteins than meat.

[46] One may not be able to do certain yogasans

based on the physical condition or health, e.g. one may not be able to do Kauva Chal (Crow Walking Pose) if having problems in knees or back, etc.

[47] Some yogasans helpful for growing bodies of kids and teenagers (helpful more to thin and low height kids) are, (1) Tadasan (Palm Tree Pose), (2) Baddha Padmasan (Locked Lotus Pose), (3) Lolasan (Pendant Pose), (4) Kukkutasan (Cock Pose), (5) Tolangulasan (Weighing Scale Pose)

[48] It is said that once you do Yogasans, meditations, etc. you shouldn't go off to sleep after that, as the purified energy that generates during that time conflicts if you sleep as it tries to then pacify itself. So generation and pacification at the same time can disturb mind and body. For the purpose of this book, sleeping after meditations, etc. can occasionally, not always, lead to semen ejaculation (wetdream) after sometime in sleep, mostly in any morning hours. So always continue to stay awake after any such energy generation / purification activity. Relaxation (like yogasan 'shavasan' (Corpse Pose), 'yognindra' (Yogic Sleep), etc.) for 10-15 minutes is perfectly fine as you are awake at that time and not went into sleep. It is also said that once you wake up any time after 04:00

AM, you should not go back to sleep (consideration for daily routine to be included).

[49] Glowing faces of movie celebrities are not necessarily indication of high semenability, usually they do lot of skin care, facelifts, facials, makeups, etc. So don't fall for that.

[50] Most religions of the world believe that soul and body are two separate entities. In that context, a soul doesn't need another soul for happiness. Soul is genderless, sexless, self-content, happy in itself, and without the five senses. It is the body that keeps regenerating the desire for sex once all the senses are fed with their respective 'food' that makes them 'feel-good' within.

[51] Just like doctors examine a person and give the right level of medicines and exercises that the person can have, similarly, only the knowledgeable guru can tell which and how much meditation, etc. a person need to do based on his mental, physical, and semen abilities. Some gurus may fail to properly understand a person, which may lead to unknown impacts on the person, just like sometimes doctors fail to understand the patients fully and properly, leading to unknown problems and side-effects to the patients. Just like doctors play safe initially and examine the effects of

medicines, diet and exercises given, then keep increasing or decreasing or changing these for patients, similarly a guru may need to do when it comes to deciding on the routine for a person to make it more precise that can give maximum benefit to the person and gradually lift him to the higher levels and upper echelon while maintaining balance in his mind and body.

[52] The age of puberty is slowly decreasing from about 13-14 years in recent past, to almost 11 years coming up already. Historically, it will lower further in future. Not far generations ahead will see puberty at 9 years, and then it will lower even further that people of today may not even be ready to believe right now. The lower the age of puberty, sooner the boys (and girls) may start masturbating. The earlier the age of masturbation, more disastrous it is for their future and later age, because they already start extracting their energies out, before their body fully grow or come to a marriageable age. While their body just begins to develop strengths, they already start diminishing it in various ways.

[53] Almost nine months before birth, but that means just like every second births are happening that means ejaculations are also happening every second

worldwide.

[54] Energy recovery is also getting worse due lesser nutritional food now-a-days due to inorganic farming, use of chemicals, and other reasons.

[55] Though lot of masturbation by men and women is ofcourse not the only cause, but the ever increasing number of IVF centers worldwide shows how much weakened human bodies have become and so many medical problems are there for both unlike ever in history.

[56] Very old saying, of which author is not known.

[57] In the very ancient times semen was probably never ejaculated by a man anywhere outside other than in his wife's vagina. So oral sex, anal sex, and ejaculation by masturbation didn't exist. Today's world doesn't probably want to accept that fact. Now-a-days only a very few women and men don't like sex in any of these three forms or in any kinky ways. It makes them feel it is 'impure' way of having sex. Purity in sex was probably followed by almost everyone during ancient ages.

[58] Now-a-days whenever someone talks about spiritual knowledge or 'as per religion' many people want to as if run away from it. Not understanding that spiritual / religious knowledge is no different from

science. If science does a research and gives scientifically proven similar explanation then almost everyone wants to listen to it and follow in their life. Somewhere at the end, spiritual/religious knowledge and science become one and the same, whether we completely and consciously understand or not, due to our own lack of knowledge. Many things in the world can change for good if we just understand that it is just the use of different terms in different times of the world but giving the same meaning at the end. *Religious principles are nothing but scientific only.*

[59] Some of the crucial knowledge of some countries is also residing with libraries, individuals, institutes, etc. of some other countries as well. These books were taken by such other countries in the recent centuries only for understanding those countries' knowledge wealth. Certain things in their day-to-day life or even the laws include such old scriptures and texts or concepts and principles of living based on that. It proves the depth and validity of such old texts that still form part in defining how day-to-day life should be lived in such modern times. That rich knowledge is longstanding and well time-honored.

[60] A fourth rare category can also be described where hidden truth for good of all and known by few,

take selfish advantage of those people who give false information about such knowledge to the world, and both such kind of 'known' people are then at the top of the world, fulfilling only each other's selfish purposes.

[61] Nowhere in this book is there any intention, directly or indirectly, to criticize anyone or anything. We all are in search of knowledge, we all are just re-evolving.

[62] Some allopathy doctors suggest consuming as less allopathy medicine as possible.

[63] Semen ejaculation required through masturbation due to any medical conditions like for medical testing / treatment is obviously excluded.

[64] As world's next largest project, let's filter out the most important knowledge existing in the world, then categorize and organize it well, and keep it alive forever, which is required and good for each passing generation. All other unrequired knowledge is ok to vanish forever. We can't have unlimited books or Internet pages for each human to read in a short lifetime, but we can have limited books or other readable material with only the most important knowledge required by humans always. 'Knowledge' remains to be the only thing 'alive' forever, everything else perishes.

[65] Or how many times semen is ejaculated through any means.

[66] The age from 11 to 24 (from teen till about marriageable age) years are the golden period of life where one learns, educates himself, and gains tremendous semenability in the body. During this time one just need to complete education and preserve semen in his body, but unfortunately, more youths now masturbate and heavily, during this precious age that affects them negatively for the rest of their lives.

[67] It is not that all doctors now-a-days suggest masturbation, but then there are a very few who suggest not masturbating as they personally believe masturbation is not good, not necessarily due to any proven modern scientific theory.

[68] Rishi Acharya Varahamihira (name of a saint) mentioned in his book named Brihat Samhita (Bṙhat Saṃhitā) about the characteristics of 1,000 different comets without any technology or telescopes. As per some Indian newspaper dailies, Indian scientists never claimed about it before it got (re)discovered using modern technology and telescopes in the year 1995 (July 23) so the claim later was rejected as an Indian being the discoverer of this comet. Though, it got recognition that Indian old scriptures did mention

about this comet.

[69] Some even think that recent increase in natural disasters does not seem all to be natural but at least some are man-made using technology including nuclear weapons, like for creating earthquakes, under ocean testing, volcanic eruptions, typhoons, flooding, infrastructure disruptions, etc. to harm other countries' economy and people. Wars between countries are still going on but not easily visible as instead of men on the front there's technology at the back. *Greedy few make suffer the ignorant lot*. While some theories also suggest one of the reasons for large scale negative vibes on Earth is due to mass killings of animals, birds, sea creatures, etc. along with deforestation, steep rise in human depression, misconducts, crime, etc., though not scientifically proven yet. Also, to fulfill our greed, we often try to defy the nature instead of understanding it. Understanding nature will help for very long term, and that is possible only by respecting not only all the living beings but even the non-living things. When you respect the non-living things as well, it will always give back benefits in some or the other way. Do not play with what the nature has created. Do not try to tweak the nature. We are just one part of the nature's big

cycle. We cannot go beyond that. Nature always tries to correct itself whenever humans try to modify nature. When the modifications are beyond acceptable limits and resistance, nature will correct itself to bring the natural cycle back. And during the correction phase, the results are highly damaging not just for all the human lives, but also for other living beings and so, to the massive worldly natural and man-made properties. Humans become responsible for the loss of all forms of lives and destructions. Which of other living beings other than humans try to change the nature anyways? Which other living being is greedier than human? *Humans themselves 'become' the weapons of their own destruction*.

[70] There are some sciences that are only experience based, e.g. do you see consciousness or soul? It is called as Experience Science, just like we have chemical science, physical science, medical science, space science, etc.

[71] If in future we may have various galaxies speaking to each other, then probably we may want our Earth to get an award for "One of the Best Planets to Live in the Universe". But at present state, there's no way we may even be able to qualify in such a competition, seeing the nearly shameful state of Earth

(as in many countries) and how we Earthlings live, if other galaxies see us like this.

[72] There's so much science lying in the palm of a human hand that if researched thoroughly a person will not only stop handshakes but also stop eating at restaurants entirely. It is also believed that various diseases come from restaurants as the person eating there doesn't know who is cooking food for him, what is the thought process running in the cook's mind at that time (and that's how energies flow into palms and also form lines on palms that can be interpreted by palmists to learn the past, present, and predict the future of a person). That then gets subtly absorbed in the food that the cook(s) are preparing. A person's body and mind cannot accept, understand, digest, and gets confused with the different subtle energies that come along with the food. Some food is prepared (touched) by multiple people in the restaurant kitchen, so various subtle energies get mixed up in the food. This is other than the more-than-once-reheated food and the probable lack of cleanliness in many restaurants that may bring along various impurities, bacteria, viruses, dirt, etc. in the food. Some researchers also found that the left-over food of other customer is many times served to the next customer.

Some also captured on camera in the kitchen how cook or waiter spits in the food and mixes up everything. That is why it is said to always eat home cooked food as that contains the love, care and cleanliness while preparing the food for the near and dear ones. In restaurants, cooks don't even know who they are preparing the food for, and vice versa, so there's no question of personal affection there. If modern science is able to prove this scientifically then there will be too many people not eating at restaurants any more (or prepare food without directly touching it, i.e. gloves, machines, etc. but that's no good either). Ever wondered if the exact same ingredients, recipe, time, amount of heat, method of cooking, utensil types, etc. is given to different people preparing exact same food still creates different tastes in the food? Ever wondered why even the tastiest food of a restaurant doesn't give satisfaction to the mind and body, which a simple home cooked food gives? Even chefs agree to that.

[73] One need to make his/her judgments, it shouldn't end up in a bad business or sour personal relations or any sort of financial or other losses, but one can at least let the other person know of the preference of not shaking hands if one does not want to.

[74] For example, there's a lot of science behind joining palm, like only husband and wife can join each other's palms during marriage ceremony (or after marriage). That is to transfer their energies into each other and start living as one. But just like having sex with multiple or unknown partners can lead to various diseases and weaknesses in mind and body so can handshakes do, though not as bad. When elders or gurus give blessings they show their palm upright vertical or place it on the head or on the back of the person. Even various photographs of Gods and Goddesses show their palm as sign of blessing. The science behind it is that various energies are released from palms. As handshake culture is primarily prevailing now, we all have gone too far and away from the simple and healthy science unto the unhealthy one.

[75] Various medical practices coming from long are still applicable, beneficial and used widely world over. That shows the relevance, trust, and effect of 'older / alternative medical sciences' and denotes the importance of age-old knowledge even in modern times, even though modern medical science seems to be dominant now. Some object to cite Ayurveda and other pre-existing medical sciences as 'alternative treatments', as these are amongst the oldest forms of

treatments whereas allopathy is newer. It shows how much the modern science has gone into the minds and life of people now to call the 'original ways' as 'alternative ways' instead.

[76] It seems that modern medical science (mostly allopathy) is now so much accepted world-wide due to its quick-fix techniques, marketing, advertisements, media presence, huge money, large corporations sponsoring its research, accepting any theory only based on 'proven scientific data', presenting thoughts through every possible communication mediums, which is like making the other medicinal practices like Ayurveda, Homeopathy, etc. kind of lose the race gradually, as they are not able to voice enough even though they also know the truth and at times far deeper than allopathy.

[77] Interpretations may slightly vary by different interpreters.

[78] Number of key Aagams / Sutras may vary per different Jain sects; some have more than 35 also. Some Jain sects may not follow these authoritative scriptures but other texts as guided by their gurus.

[79] I have used the word 'followings', and not 'religion', the reason being Jains do not consider their preaching as religion but they believe in only following

what the ultimate truth of the Universe is, so it is not a 'religion' but only 'following' / 'understanding' the truth.

[80] There are many books from various publishers and many websites that provide Upanishads and other Hindu scriptures in both Sanskrit and its translations in various languages.

[81] Some have come up thinking of some controversial or degrading statements in Manusmriti distinguishing men and women too much. The people of that time only know why it was written like that and during what circumstances and we of present age shouldn't be spending time criticizing that, instead I believe in taking only the good things that are applicable to us. Also, we discuss here only what is required for this book, i.e. about semen and masturbation.